Time Out

Do you have enough or too much free time?

page 12

Tribe Fever

Teachers use Indians as motivational tool

page 3

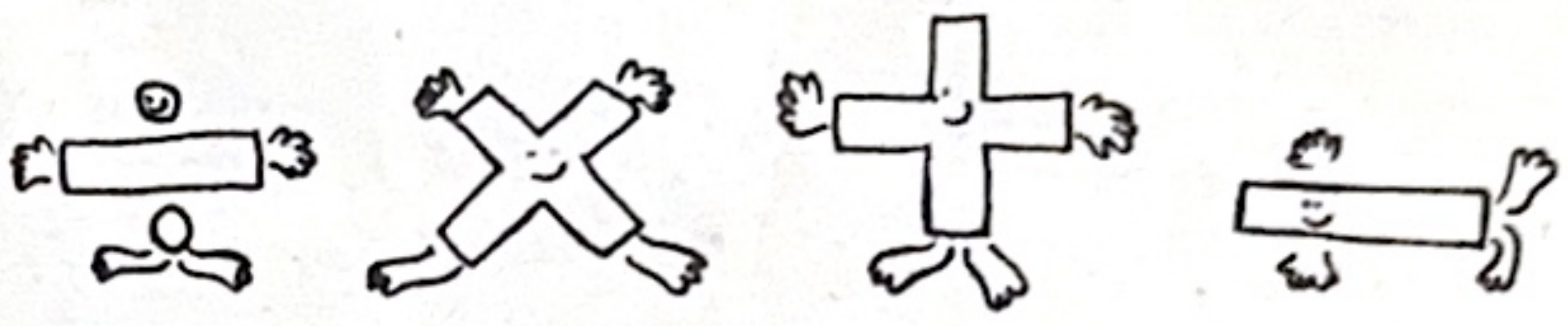
VOLUME 66 · ISSUE 2

NOVEMBER 3, 1995

SHAKERITE

SHAKER HEIGHTS HIGH SCHOOL · 15911 ALDERSYDE DRIVE · SHAKER HEIGHTS, OHIO 44120

Signs of change



Math department introduces innovative teaching

BY NAWAL ATWAN AND CAITLIN MASINI

News Editor and Staff Reporter

The math department's 10 year plan to renovate math instruction in Shaker is well underway as students are being geared towards technology and usage of math skills in realistic settings.

Math department head Ray Skitski initiated the math curriculum changes in 1990. The 10-year plan addresses the need for students of all levels to go beyond the basic memorization skills of math. Teachers are instructing students with less drilling to focus on comprehension of higher level math, Skitski said.

The renovation includes increased attention towards calculators and computers. Graphing calculators have allowed students to advance faster to higher level concepts, Skitski said.

"I believe that calculators in math class are helpful. They allow students to move to higher levels of math," senior David Arnold said. "Calculators make solving problems faster, not easier. Students still must know how to work the problems. The time can be spent on teaching the students new lessons."

Enrollment in the advanced placement calculus exam increased in 1995 by 24 percent since 1987. Also, the focus on honors and college preparatory classes to enhance their education has increased under the new curriculum. In the past, the focus on advanced placement classes was the greatest.

"Half of the students who entered the high school learned everything by memorizing. We realized that we must change the way math should be taught to an understandable form," Skitski said.

Skitski has extended the math renovation beyond the high school by aiding elementary and middle school math programs. A team of math professionals including Skitski, math teacher John Federer of the middle school, science teacher Robert Haas, and Cleveland State University students have helped design a math curriculum for Lomond Elementary School. Kindergarteners through fourth graders use visual aids such as play money, blocks, pictures and role playing to comprehend math processes.

"We are taking the overstuffed information out of textbooks and instead are using resources such as clocks, calculators and blocks to teach math in realistic situations," Lomond principal Dr. Larry Svec said.

At Woodbury teachers are encouraged to enforce math vocabulary and comprehension of math skills in the classroom, according to Woodbury principal Delores Groves.

This month an afterschool club will be formed for students who did not pass the fourth grade proficiency test.

The ninth grade proficiency tests are not the focus of the new curriculum, Skitski said. Special attention is provided to seniors who have not yet passed the test.

"Because students learn algebra and geometry, they will naturally acquire the skills needed to pass the proficiency test," Skitski said.

Future goals of the new curriculum are to change the method teachers use to assess students' grades. They would like it to be more on what students know than what they do not know, according to Skitski.

Facts and figures

Proficiency Tests:

- ✓ in '91, 57% of all freshman passed the ninth grade proficiency test
- ✓ by '95, 100% of all seniors had passed the ninth grade proficiency test
- ✓ in '95, 88% of all seniors passed the 12th grade proficiency test

AP Exams:

- ✓ between '87-'90, 208 students took the Calculus AP exam; their average score was a 2.9 out of 5
- ✓ between '92-'95, 274 students took the Calculus AP exam; their average score was a 3.0 out of 5

AHSME Test:

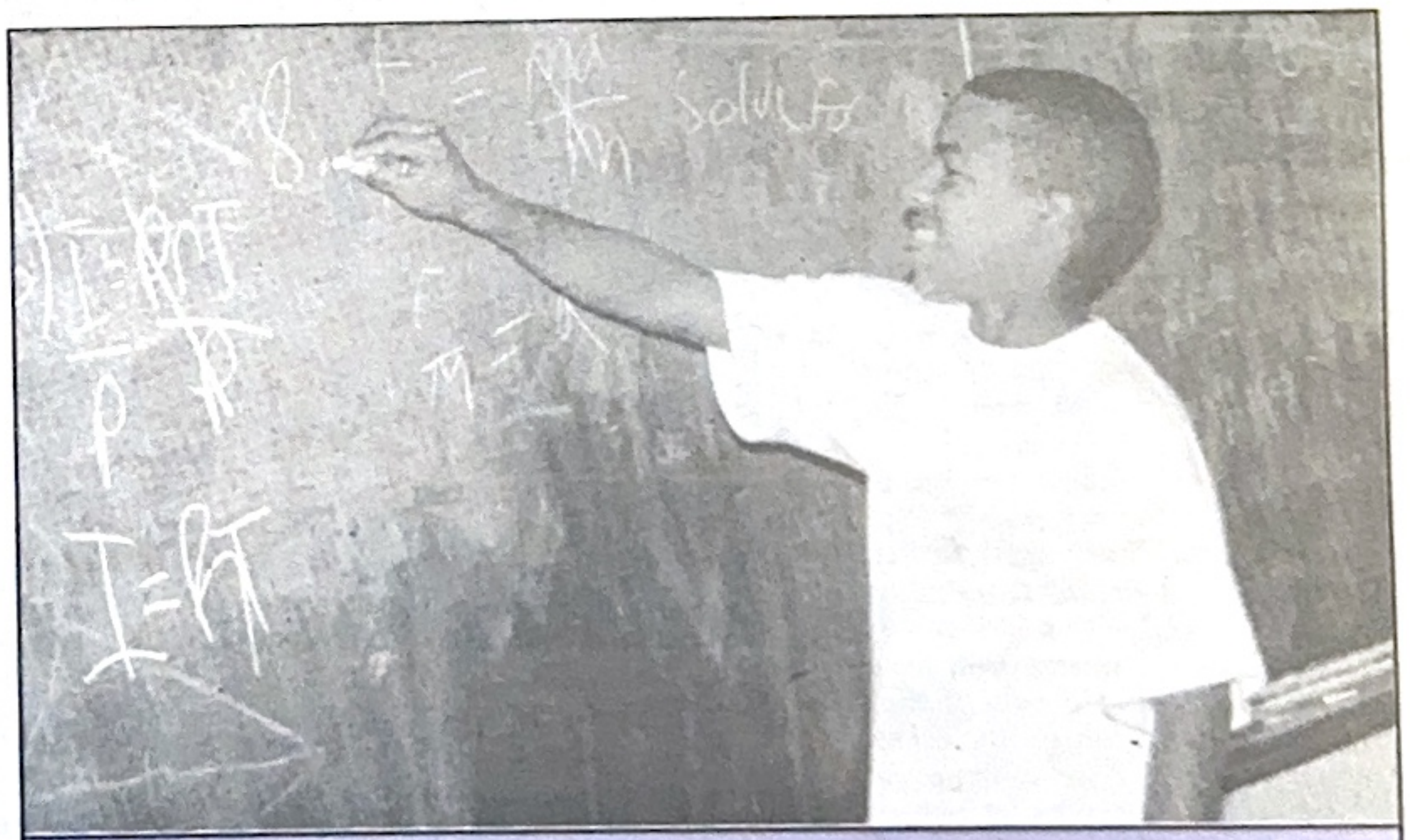
- ✓ between '88-'90, 259 students took the American High School Math Exam; 3.9% qualified for the American Invitational Math Exam
- ✓ between '93-'95, 295 students took the AHSME; 22.4% qualified for the AIME

Shakerite facts compiled by Nawal Atwan

Solving the problems...

	Present methods	Future Methods
Algebra:	– use of factoring to solve equations – paper and pencil graphing – word problems by type	+ use of real world problems + use of computers to solve problems
Geometry:	– two-column proofs	+ deductive arguments expressed in paragraph form
Trigonometry:	–calculations using tables – interpolation – paper and pencil solving of trigonometric	+ use of scientific and graphing calculators to solve equations

Shakerite facts compiled by Nawal Atwan



PLUG IT IN, PLUG IT IN. Freshman Jermaine Clements solves a math problem on the board. Visual explanations are a part of the new math curriculum.

Shakerite photo by Laura Kushnick

Teacher's brother strikes gold; wins lottery

It's nice to have a lottery winner for a brother. Just ask Spanish teacher Les Foote.

"At first I didn't believe [my brother]. I thought that he was pulling my leg, but after he told me the details, I knew that he was telling the truth...he was literally weeping with joy," Foote said.

Foote's brother is the service manager at Rick Case Honda. He and nine co-workers won 30 million dollars. They opted for the one time $900,000 check for each person instead of the installment option.

Counseling center provides help for troubled teens

BY DEBBLE LIBMAN
Co Editor-in-Chief

CUT IT OUT. Mayor Pat Mearns cuts the ribbon opening the new Youth and Family Counseling Center of Shaker Heights as President of the Board Ken Walsh watches.
Shakerite photo by Laura Kushnick

The Youth and Family Counseling Center of Shaker Heights, formerly the Shaker Heights Youth Center, has recently changed its name and location in an effort to increase adolescents' awareness of its services.

"I think there are a lot of people in Shaker that don't even know [the Center] exists," Fran Zamore, Director of Clinical Services said.

The agency, which originated in '70 as the Drug Council, celebrates its 25th anniversary in '95, according to Zamore.

Focusing on individual, family and group counseling, the youth center aims at crisis intervention at the high school and middle school levels, as well as psychoeducational group counseling.

"We focus our energies on adolescents and their families," Zamore said.

Counselor Diane Nichols said her job is important because students need to know that someone is willing to take the time to talk.

"I always wished there was somebody who heard what I wasn't saying," Nichols said.

Jane Martin, also a counselor, said her job at the Middle School is vital because that is where the problems surface. Students begin to make decisons that will affect them later.

"We're making a big impact on kids and their lives," Martin said.

Pat Brown, the counselor at the high school, said she helps students deal with issues such as parent conflicts, alcohol and drugs and relationships. She is also available if students are feeling down on any particular day.

"[My job] is to provide support to students in helping them come through high school successfully," Brown said.

The Youth and Family Counseling Center offers several programs for teens. The newest idea is the Positive Prevention Program, an intensive one week program for adolescents at risk of drug and alcohol abuse, followed by at least eight weekly sessions, according to Zamore.

The program will hopefully start this month, and students can be referred to the agency through parents, teachers or the police.

"[The teens] can be making choices based on knowledge," Zamore said.

Another program that deals with community-wide drug prevention is DASH, or Drug Awareness of Shaker Heights. This committee consists of representatives from the schools, the city government, churches and other groups.

The Shaker Teen Advisory Committee is a group for teens from the community who are interested in positive activities. In the past, the group has organized trips to Cedar Point. It is also responsible for an interactive teen study center that meets once a week.

The center has fundraisers throughout the year, including the Great Human Race, which took place two weeks ago, a three-on-three backetball tournament, theater benefits and year-end solicitations.

Facts about the center:

✔ located at 16700 Van Aken Blvd.
✔ phone number is 752-9292
✔ Brown is at the high school Monday and Tuesday, 9:30-1:30 and Thursday and Friday, 9-1
✔ to set up an appointment with Brown, tell your guidance counselor or slide a notice under the door of Room 227

Political analyst inspires students

BY NICOLE SUTCLIFFE AND STEVE DEOREO
Co-Feature Editor and Staff Reporter

Shouts of students flew across the classroom in what appeared to be utter chaos, and in the middle stood Juan Williams debating with them about issues in our society.

Williams is a political analyst and correspondent for *The Washington Post* and is the author of the book, *Eyes on the Prize: America's Civil Rights Years 1954-1956,* which is also a television series on PBS.

On Oct. 19, Williams came to speak at one of the opening events of the Shaker Community Building, sponsored by the Center for Housing and Community Life. Prior to the event, Williams spoke to several history classes during 10th period.

Williams told students the social climate in this country is very volatile right now, and there has never been a better time to make a change. He also said students should have aspirations beyond graduating and see themselves as assets to the country.

"The reality is, people are dying for educated, talented people like you students to come along and put your minds to work for them, but you can also shake the world with those minds," Williams said.

According to Williams, such individuals as Nelson Mandela and Thurgood Marshall had no prior leadership aspirations. Mandela only wanted to be a lawyer, and Marshall was only interested in girls and parties.

Williams used these examples to show how students might not presently see themselves in leadership roles but should consider it for the future.

"While it may not be the easiest thing to do, getting motivated to make a difference is important," Williams said.

Social studies teacher Ruben Henderson said the way in which Williams explained his point was creative.

"You can teach your opinion, but present data and facts. It matters. That's what he did. He presented data and began to ask questions," Henderson said.

Williams speech at the Shaker Community Building that evening concerned such issues as O.J. Simpson, The Million Man March and the political shift in society.

Shakerite photo courtesy of Photo Illustrators

NEWS BRIEFS

New Council takes action on school issues

Changing the constitution, increasing spirit and revising school policies top the agenda for the new Student Council this month.

The student government has been divided into five committees, each specializing in a specific project in need of improvement. Also, the Council has made a concerned effort to involve the student body in matters previously reserved for the council, co-Student Council faculty adviser Patricia Lawrence said.

"This year we are focusing on five key areas for improvement. They are the betterment of the community via projects, the level of school spirit at Shaker, the quality and amount of communication between faculty and students, the organization of events such as talent and fashion shows and the present school policies, among which the parking dilemma and a review of the school constitution are paramount," Student Council President Trevina Johnson said.

A recent homeroom survey asking students their opinion of the current parking problem is an example of student involvement in the new government, Johnson said.

"The response to the homeroom survey was overwhelmingly in favor of providing more student parking," Briana Adato, a junior member of the policy committee who co-organized the distribution of the survey, said.

The revising of the constitution is the major task the Student Council is working on now, Lawrence said.

"Going along with our vision of a new Student Council, a committee has taken up the task of reviewing the present constitution. Should they find an aspect of that document which they feel needs updating, they shall do their best to bring it up to the standards of the student population," Lawrence said.

The Council recently organized the Halloween Spirit Day. Co-Student Council faculty adviser Susan Weiner said she views the potential of the newly elected government body optimistically.

"I see bright things in the future of the student government of this high school. With the improvements we are presently making, I believe it will be one where everyone will have the opportunity to voice opinions and concerns. We will strive to tackle problems slowly but surely, so as to accomplish everything this new Student Council sets out to do," Weiner said.

-Thomas McGill

Mitchell elected as new department head

Social studies teacher Timothy Mitchell became the new head of the social studies department this year, replacing long time chairman social studies teacher Terry Pollack.

Pollack announced his intent to resign as head of the department earlier this school year. He is staying on as a part time teacher but has taken on another part time job as director of A World of Difference, run by the Anti-Defamation League, which promotes greater religious understanding.

"[Pollack's] record is phenomenal. He accomplished many things during his 15 years as department head and is also a magnificent teacher. He was very supportive of the idea that you can grow as a teacher throughout your career. I would like to continue to provide people with those possibilities," Mitchell said.

The process to select a new department head begins with nominations. Then the candidates submit a written platform of their ideas, and from this platform, the department chooses the new chairman.

"I would like to narrow the achievement gap between black and white students and improve diversity within our classes, while maintaining our high standards," Mitchell said.

Mitchell also hopes to offer additional courses in the next few years, such as a women's history course and additional inter-disciplinary courses, combining other subjects with social studies.

-Emily Hoffman

Indians spark spirit in school

BY TOBY BULLOFF
Staff Reporter

Cleveland Indians fans came out of the woodwork faster than Kenny Lofton stealing second base. Students and teachers have been wearing Tribe gear. "Cleveland Pride" posters, PA announcements and classroom activities heightened baseball awareness. It was hard to miss what was going on. Shaker caught "Tribe Fever."

A "Tribe Spirit Day," where students and teachers could wear hats and shirts supporting the Indians was held last month. Sophomore Angela DiCorleto said she felt positive effects from the post-season play.

"[The Indians made] everyone feel better about living in Cleveland. I mean, if you just [glanced] around the lunchroom, you see a wide array of Indians' paraphernalia," DiCorleto said.

Latin teacher Robert White believes the Tribe's success unified the student body.

"[Tribe fever brought] all of the students together, unless of course they are Mariners fans," White said.

Math teacher Ray Skitzki and math assistant Bill Mau said they saw nothing but good come from Shaker's involvement in the Indians' games.

"Anything that raises pride and spirit in the community is good for the school. The pennant race certainly [did] that," Skitzki said.

Mau added that he noticed a more upbeat feeling in school.

Some teachers have honored the Indians' season by reducing homework or doing projects focusing on heroes and role models in baseball. Skitzki cut his nightly assignments in half because he thought that students would be up late watching the games.

Sophomore Adam Grossman claims that the Tribe took great priority over homework.

"Nobody [did] their homework anymore," Grossman said.

Social Studies teacher Chuck Spinner devoted much of his class time teaching the history of baseball and stressing the discipline that paid off for the Tribe this year. Spinner's students saw the baseball exhibit at the Western Reserve Historical Society and read *Finding Buck McHenry*, a book about a Negro League player.

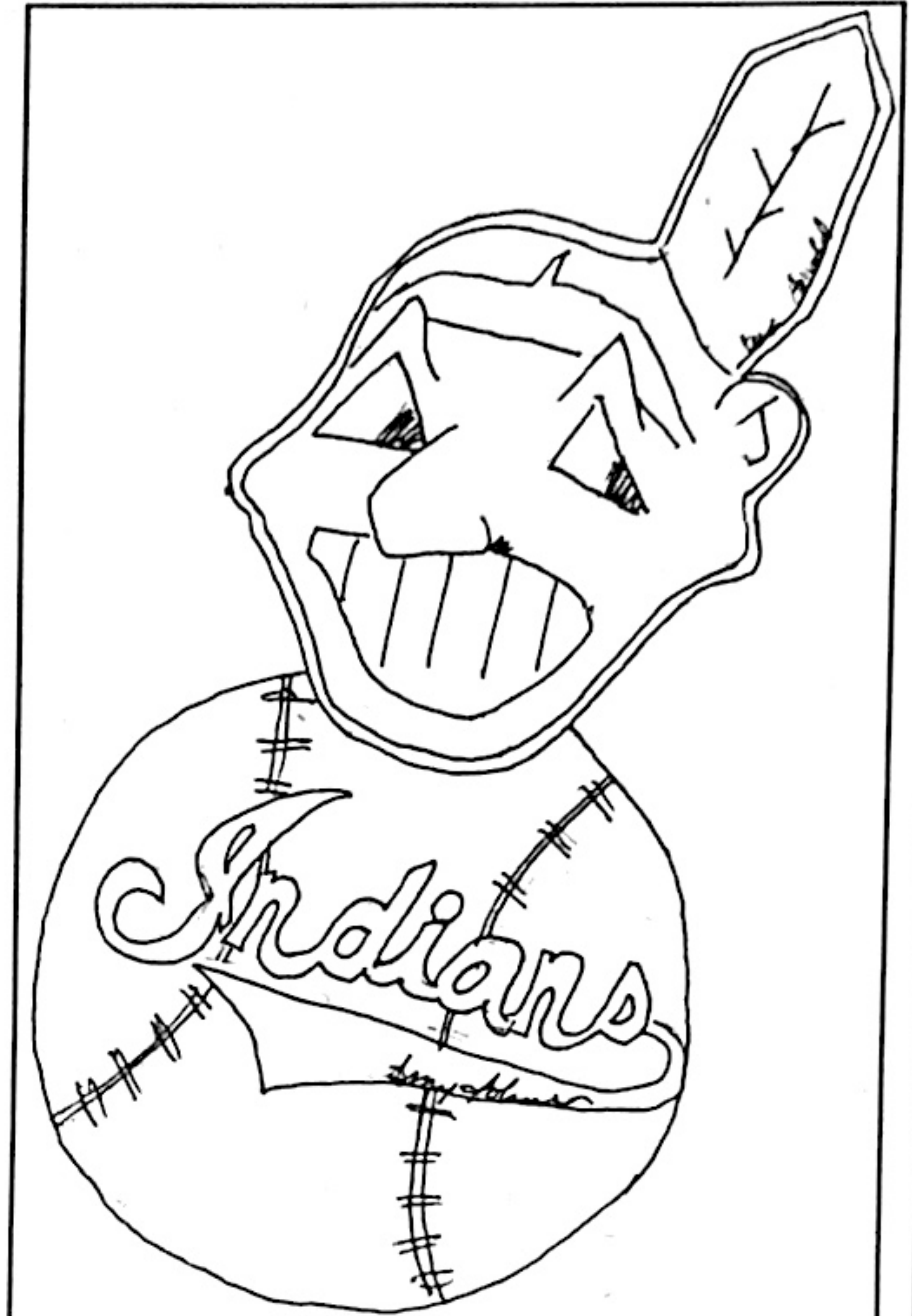
The display outside of Spinner's classroom applauds the dedication and teamwork of the Indian's big stars and other teammates. Baseballs, books and clippings from *The Plain Dealer* are also displayed.

Spinner said he wanted the athletes to become role models for his African American students.

"It is important for these kids to know there were African American ballplayers who were as good as white players at that particular time," Spinner said.

The Red Raider Marching Band marched and played in the Indians Victory Parade Downtown on Monday.

The whole city has reason to celebrate the achievement of our remarkable baseball team, and Shaker is no exception.



Shakerite artwork by Amy Johnson and David Arnold

NEWS BRIEFS

Music department boasts exciting season

★ Choir and Orchestra

A spring trip to Europe and upcoming concerts highlight the choir and orchestra schedule this year. Seven choir concerts in Shaker are scheduled; the first was held on Nov. 2. The choir will take its first trip to Europe this spring break with the orchestra. Performances in Vienna and Prague are scheduled. According to a letter released by choir director Dr. Ronald Morgan and orchestra director Michael McDonough, one of the highlights of the stop in Vienna is participation in the "thousand years celebration of Austrian history." In Prague the choir plans to sing in cathedrals, synagogues and castles.

"I think the choir trip will be an excellent experience because the band always has a great time on their trips. It also shows us that music really is an international language. We learn to sing songs in all kinds of languages, but this trip will bring them to life," senior choir member Terra Winston said.

The choir will be selling fruit in order to raise money for this trip. The sale will take place some time this month, according to Morgan. They hope to raise money due to the high cost of the trip.

★ Band

The band is also participating in many concerts and marching shows. The marching band performed in a victory parade for the Indians Monday. The marching season ends this month, and this year's concert bands will begin soon.

"I'm happy that concert season is starting because that way we don't have to march around in the cold," sophomore band member Dina Levi said.

A new freshman band has been added to the wind ensemble and symphonic bands. Directors said this action was taken in order to simplify the transition from the marching band to the three concert bands. Band, choir and orchestra will participate in solo and ensemble contests in February.

-Lindsay Campbell

Frank Hall, Class of '80
presents a sale at

Bicycle Boulevard

Due to growing popularity and demand I need space to reconstruct the store, so my offer is

1/3 or more off *EVERYTHING* in the store

We have many bikes in the $200-$300 range going as low as $133. Selections also include bikes up to $1000

locks ❖ helmets ❖ lights ❖ gloves ❖ etc.

ALL 1/3 OFF OR MORE

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Wed, Nov. 8: 11-9
Thurs, Nov. 9: 11-9
Fri, Nov. 10: 11-9
Sat, Nov. 11: 10-7

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OPINION

The 14 Worst Human Fears:

1. Speaking before a group
2. Heights
3. Insects and bugs
4. Financial problems
5. Deep water
6. Sickness
7. Death
8. Flying
9. Loneliness
10. Dogs
11. Driving/riding in a car
12. Darkness
13. Elevators
14. Escalators

Information compiled from The Book of Lists

Freiberg, Moore best choices for School Board

THE RITE IDEA

Nancy Moore and Ian Freiberg are the candidates who will best represent student interests if elected to the Board.

The Shaker Heights School Board is responsible for hiring and firing the superintendent and the treasurer, and for approving or changing the budget. The Board made the financial decisions following the failed levy in November last year that directly affected, and in some cases, continue to affect the quality of our education. The actions of the Board directly affect students.

It is therefore important that Board members be closely attuned to student interests and needs.

Of the four candidates running for two positions on the Board, Moore and Freiberg are the two candidates who speak best for the students. Both candidates are dedicated to increasing communication between the Board and the community at large, including Shaker students. Both Moore and Freiberg have children who will be in the schools for their entire term in office, and both have volunteered extensively in the community and the schools. But most importantly, both candidates are committed exclusively to the students and the schools and not to the administration or some other special interest group.

Ian Freiberg is the director of service at Ganley Nissan, and an active participant in PTO, a member of the executive board at Fernway, and a PTO council representative to the administration at Fernway. His wife is a teacher at Fernway, where his daughter is in fourth grade. Freiberg regards himself as a voice for the people and the students. To help find money for the schools without increasing the already overwhelming tax burden on Shaker citizens, Freiberg believes the Board should look for alternate sources of income, such as business partnerships and grants for special programs. He promotes increased collaboration between the board, the students, the parents and the community to improve our schools.

Nancy Moore is currently a freelance writer for Eastwood Publications Development, Inc. She has children in Woodbury, the middle school, and the high school. She has also taught French, German and social studies, and has worked as a substitute teacher in the Shaker schools. Moore regards the Board as the guardian of the right of each child to the best education possible. She believes the Board is too isolated and removed from the community and that leadership on the Board with regards to the community has lapsed. She would like to change the format of Board meetings to increase public participation and input. Moore would like to develop a system to evaluate our programs with regards to achievement and present the findings to the public. She would like to establish a period of public finance review before the Board votes on the budget. Moore is committed to improving the quality of a Shaker education.

The other candidates for Shaker School Board are Freda Levenson and Zack Paris.

To make these endorsements, the Shakerite editorial board interviewed each canditate for Shaker Heights School Board, and then discussed the issues and the candidates before voting. Ian Freiberg and Nancy Moore received the majority of votes.

CHEERS & JEERS

Cheers to proficiency tests and half-hour classes. Teachers get to the point faster if they only have 30 minutes.

Jeers to the Atlanta Braves. We'd hate to see you, say, accidentally scalp each other with those ridiculous styrofoam tomahawks.

Cheers to the Indians. Ya'll rock.

Cheers to Halloween.

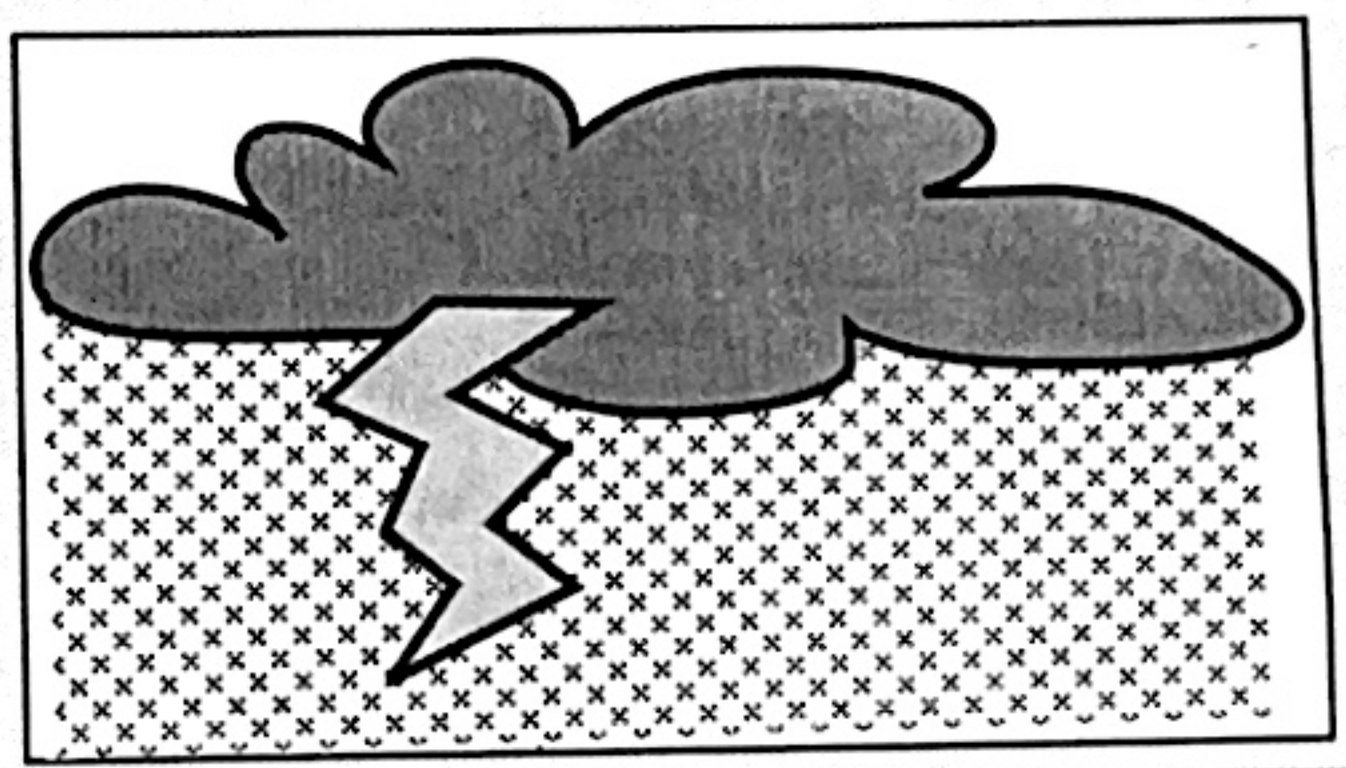
Cheers to sugar highs.

Jeers to coming down.

Jeers to old ladies who hand out apples.

Cheers to 41 days 'til winter break.

Super Crunch



Cheers to flex night and assigned testing days.

Jeers to teachers who ignore them.

Jeers to freshmen. When you went trick-or-treating this year, were you a Power Ranger or a Teenage Mutant Ninja Turtle?

Jeers to the weather.

Cheers to finals. Still two months away.

THE TOP TEN *Ways to Enforce the Honoring of Flex Night...*

10 Lock all the teachers in a room and give them senseless jobs for three to four hours. AKA-homework.

9. Threaten to make teachers grade tests and return them within a week.

8. Threaten to give teachers no personal days off, making them just like...students.

7. Make teachers sit through one library orientation for every flex night missed.

6. Saturday school for teachers, except Mr. Hogue isn't as nice.

5. *Force teachers who ignore flex night to sit outside the science wing and inhale deeply.*

4. Get one of the hall monitors who follows flex night to yell at the other teachers as they walk by and demand to see a pass. Hall monitors are scary.

3. Have an administrator send a memo to the teachers, reminding them that students actually have more than one class.

2. Have each student whine about flex night when homework is assigned...wait, that doesn't work.

...and the number one method is...

1. Two words - armed students.

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GUEST RITER

Shakerite photo by Cristen Means

Million Man March a show of solidarity

BY NAJAH FARLEY
Freshman

October 16, 1995 will forever be remembered as the day of the Million Man March. Louis Farrakhan issued the call for Black men to come to Washington D.C. in support of a new agenda to improve the African-American community. Is this agenda wrong? No, yet people have found reason to criticize the march because its primary organizer was Louis Farrakhan. The media have led the public to believe that he is racist and anti-semitic because of statements he made against whites and Jews. The chairman of the A.D.L. (Anti-Defamation League) said he felt Farrakhan should apologize for statements against whites and Jews.

Where is the apology to Africans all over the world for more than four hundred years of enslavement, oppression, colonization and continued discrimination and racism? These injustices were perpetrated by caucasians at large, deliberately or unconsciously. People in the media accuse Farrakhan and his followers of reverse racism. This cannot be true because racism can only be perpetrated by those in a position of superiority by exerting authority over those in an inferior position.

African-Americans don't have the power to exert authority over whites anywhere in the world. Farrakhan has been compared to Hitler and the Nation of Islam to the Ku-Klux-Klan. This is a totally invalid comparison. Neither the Nation of Islam nor Farrakhan has ever been implicated in a violent attack on whites or any other group of people.

Throughout the enslavement of African-Americans and the post-slavery era, African-Americans have systematically been taught to hate their own image. The African-American community has been damaged because of this self-hatred. This damage has resulted in the destruction of the African-American community.

The Million Man March was focussed on reversing this self-hatred. All of the speakers spoke about taking control of their communities and making them a better place to live. The point of the Million Man March was to help African-Americans improve their community.

People in the media and others feel that the message should be separated from the messenger. A message of such a magnitude automatically becomes bigger and more important than the messenger. Farrakhan did not teach hatred at the Million Man March. The Million Man March was about self-empowerment and unity among African-American men. So, I ask the media, "What is wrong with a Million Black Men Standing Strong?"

Student Council should lead school reform

BY MILES BERGER
Co-Arts & Entertainment Editor

Right now, the newly elected Student Council is in place, and it is time for us, the students, to take control. Thus, the following changes should be incorporated into a Student Council resolution.

First, the wasteful and ridiculous process of taking attendance in class must be abandoned. Students are in school to learn, and therefore taking attendance just wastes valuable class instruction time. As senior Hannah Strange discovered, attendance is not taken in German schools, yet the students rarely miss class because they are there to learn.

Second, students should determine their own grades. Students know better than anyone else how much they actually learn in a class, and thus know better than anyone else what grade they deserve. Some believe that students would inflate their grades if this system were instituted, but that is nothing more than paranoid hogwash. Students would have no reason to inflate their grades because they would be more concerned with the process of learning and their grades would automatically reflect their priorities. Rather, the converse is true: some students would give themselves grades worse than they deserve because of the old adage "you are your own worst critic."

Third, because students are here solely for the purpose of learning, graduation requirements only get in the way. If a student already knows what field he or she wants to go into and wants to take more courses in that area at the expense of other subject areas, they should be allowed to do so without worrying about graduation requirements. We should follow the lead of colleges like Brown, who require a certain amount of class credits but no specific course is required of anyone.

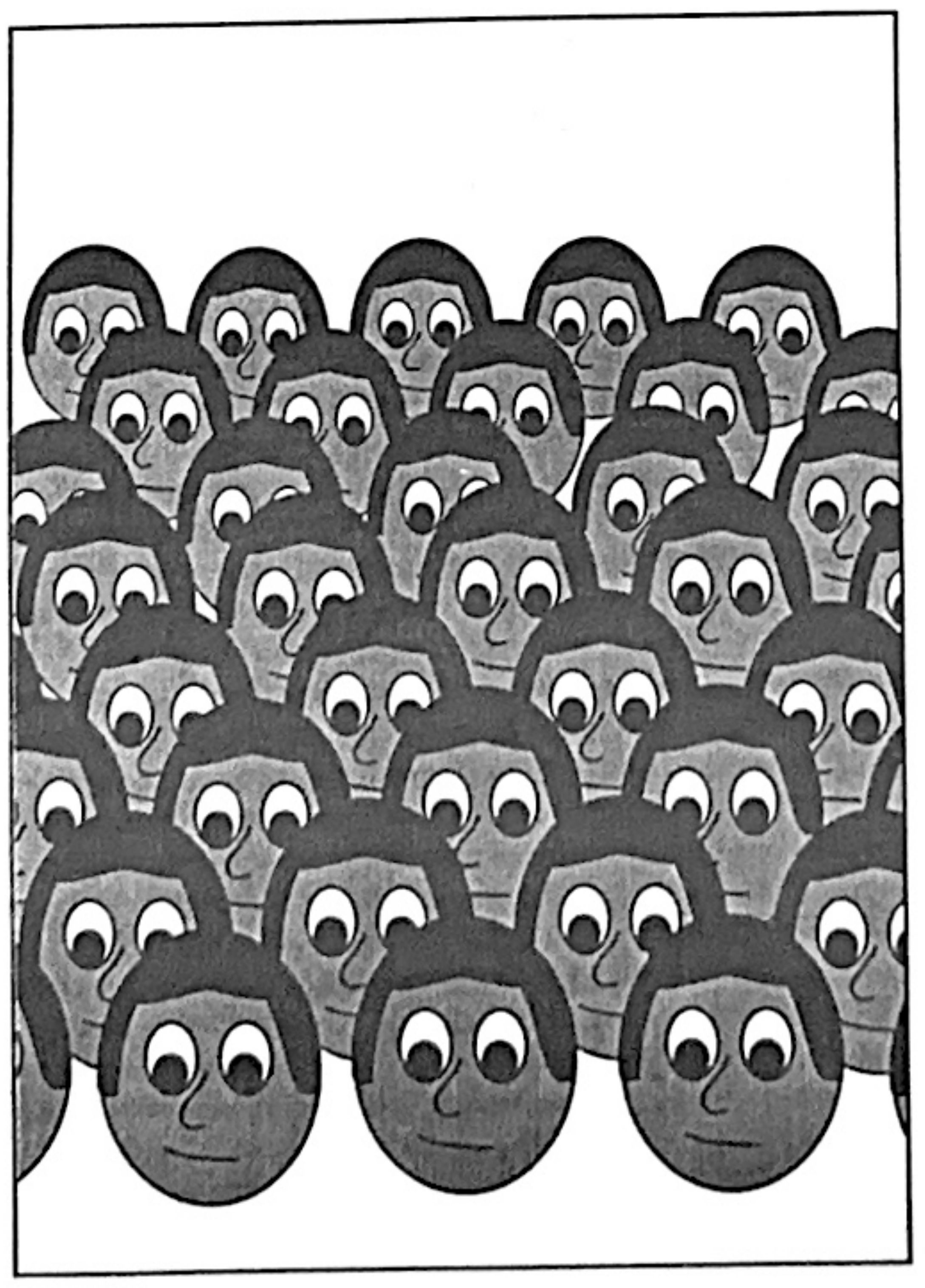
Fourth, although the Shaker schools do an excellent job of teaching students, they could do a better job of teaching teamwork. To accomplish this goal, classes should work on their tests (including finals) together instead of individually. Also, to encourage more students to take clear and concise notes, teachers should let them use their notes on all tests.

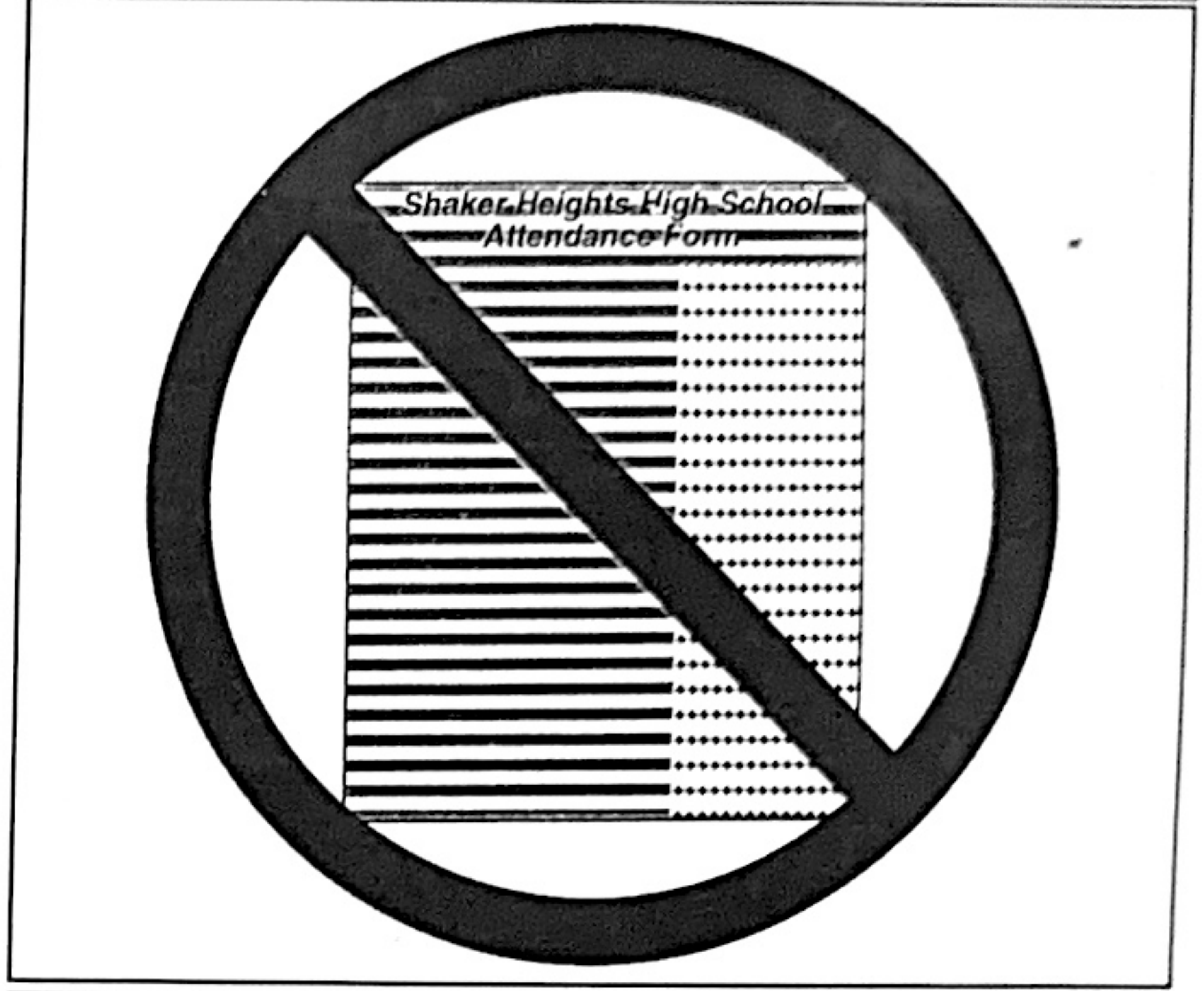
Fifth, the administration needs to clear up the confusion about the school's drug testing policy. The school should eliminate confusion by issuing a statement which explains that drug testing is mandatory for all students, which means, in extension, that all students should be testing out drugs.

Sixth, teachers need to do more to foster school spirit. For instance, Mr. Hogue should do stupid teacher tricks during tardy detentions. Also, teachers should help raise funds for the school. For example, the more portly teachers could set up a sumo wrestling league after school with charged admission to help pay for the tutoring center.

Seventh, the book store should expand its product line to raise more money. Since all students are responsible young adults, there is no reason the bookstore should not sell adult material.

These are only some of the changes that need to be made to ensure Shaker's future as a top-notch school. An immediate Student Council resolution supporting all these measures would be a big step in the right direction.





LETTERS TO THE EDITOR

City kennel underfunded, pets abused

To the Editor:

I love living in Shaker Heights, but I wonder how the homeless animals feel. I have been volunteering at the city animal shelter for three years and I am concerned that the city of Shaker Heights is not giving animals enough care. Shaker Heights is a nice enough community to have a respectable kennel. The kennel is a small, dirty smelly place with no windows. In summer, the heat is intense and the animals are so hot they lie around and pant all day. Air conditioning is too much to hope for because it took Bruce, the animal warden, years of pleading to get a sink installed in the kennel.

Another major problem is that the kennel is understaffed. Before I came and created this job there was nobody to take care of the animals while Bruce and the other wardens were away. I am still the only volunteer. I love being around the animals and I am sure they appreciate my presence. Besides playing with and caring for the animals, I clean and do other odd jobs. There is never enough of what the animals need, so Bruce and I bring in many of our own supplies like boxes, towels, brushes and food. Bruce and I give a great deal of time and effort to the shelter and we hope that Shaker Heights will provide better funding for the animals in the future so they can have a better home.

Adoptions might happen more often if a row of windows were constructed along a wall so that people walking or driving by would know about the cats, dogs and other animals. If you are interested in having a new pet, please try the city kennel before going to a pet shop to buy one.

-Leigh Burditt

School Board race heats up as election nears

To the Editor:

Although there has been disappointingly little real (non-mudslinging) discussion or debate among the candidates for School Board, one of those candidates has demonstrated an extraordinary knowledge of the issues facing our school district. That candidate is Nancy Moore. Moore cares about communication with the public. She has spoken with people in all parts of our community and has heard their concerns. She believes that the School Board should also hear these concerns and openly respond to them.

Moore cares about the students in this district, and about the quality of the education that we receive. She supports the development of a strategic planning process to address issues such as student achievement in a positive and constructive way. Her goal is educational excellence, and she believes that as good as our schools are, they can be even better.

Each of the four candidates in this School Board race possesses obvious strengths, and each could be an asset to our School Board. Since I believe, however, that the most important quality a School Board member can have is a thorough understanding of educational issues, I strongly support the Shakerite's endorsement of Nancy Moore.

-Travis Ribar

To the Editor:

I was very surprised to learn of the Shakerite's endorsement of Nancy Moore and Ian Freiberg for School Board. I believe Freda Levenson and Zack Paris are the most qualified candidates. They have shown dedication to the schools and have the business experience needed to handle the Board's financial difficulties.

Levenson has volunteered in the Shaker schools and has been actively involved in PTO. She is a trustee of the Shaker Family Center and the Shaker Schools Foundation. She addressed the school's financial problems by leading Shaker's effort to protect the taxpayer's interests in school funding legislation. She founded Night for the Red and White, which has raised thousands of dollars for the schools. Levenson also chaired the 1995 levy campaigns.

Zack Paris has the business expertise necessary to bring financial stability to the schools. A graduate of Yale College and Law School, Paris is a successful attorney and head of a Property and Finance group. His past experiences include membership of the Budget Committee of the Mt. Sinai Medical Center, trustee of the Jewish Education Center of Cleveland, and membership of the Budget Committee of the Jewish Community Federation. Paris's wife and two sons attend/attended Shaker schools.

Freiberg and Moore probably have dedication, but Freiberg does not have the experience for the position and Moore lost credibility by denying her involvement in SAVE. When the ballots are cast, I hope they will be for the most qualified candidates, Levenson and Paris.

-Jennifer Wallace

POINT COUNTERPOINT

Abortion: Right to choose vs. right to life

Abortion is murder

BY RYAN GOHMANN
Update Editor

For the past three years, I have tirelessly tried to have our newspaper face the abortion issue, and my dream has finally come true.

It is hard to know where to begin, because the central issue is so often talked about and debated. I suppose the central issue is the question of where life begins. If, like me, you believe that life begins at conception, then there can be no argument that abortion can ever be right.

People who say they personally believe abortion is wrong but that it should remain legal to insure choice infuriate me. If abortion is murder and murder is wrong, then there is no other conclusion then that abortion is also wrong. How can our society abhor murder and then allow it to occur in "certain situations?" The fact is, it cannot.

The fact of the matter is, there is one moment in time when life begins. We do not have any undebatable proof defining the exact instant, but there is one specific moment. It may be at conception or at birth, but we must protect the possibility of life at every stage. If life begins at conception and an abortion is performed, then a murder has been committed. Since life could begin at conception, that life should be protected.

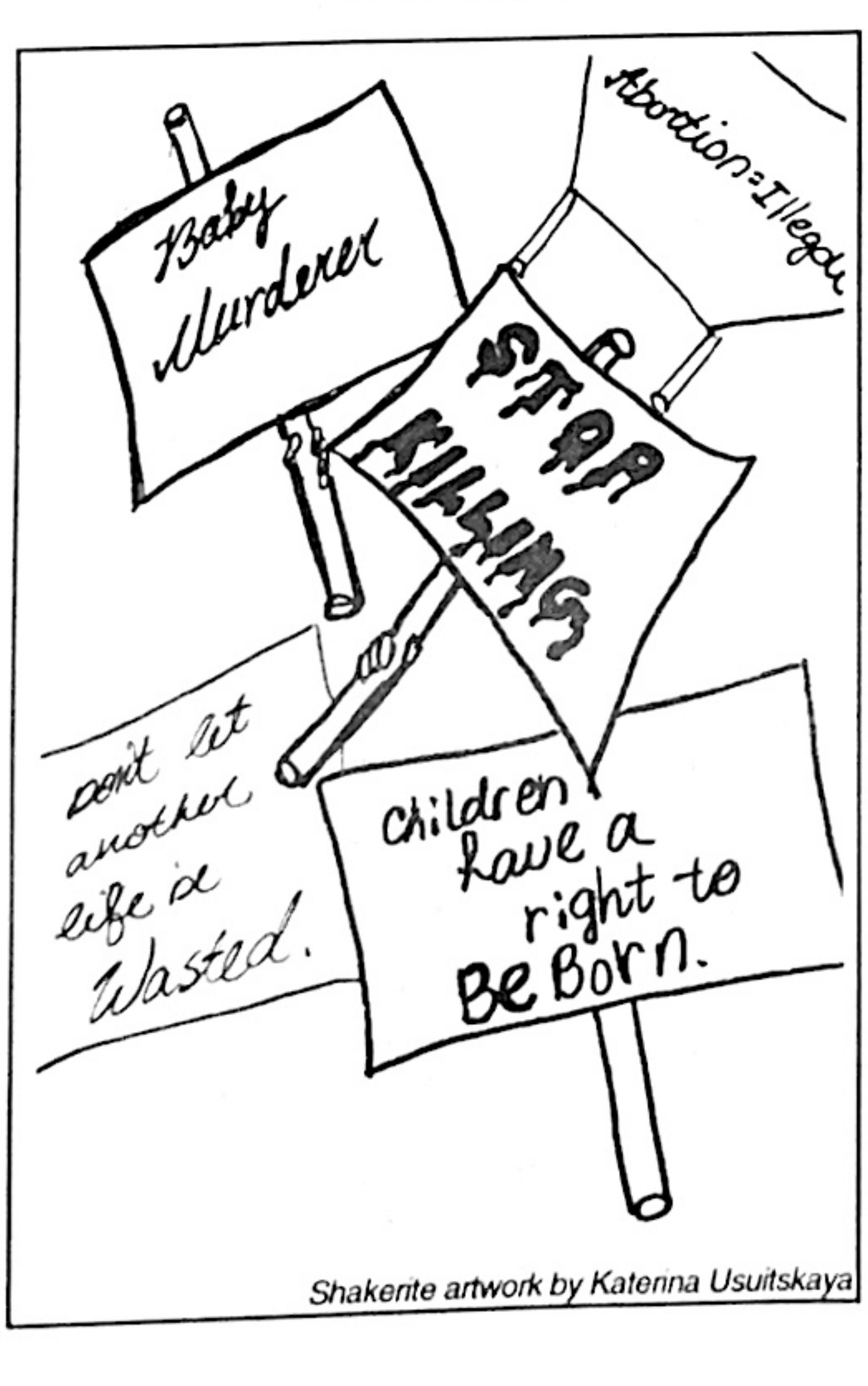
Using abortion as a means of birth control, or to cover up mistakes because people did not feel like using protection is irresponsible. If people do not want to have children then they need to take the proper precautions. Nothing is 100 percent effective, and if you have sex you need to be prepared to take care of a life. After all, isn't that the point of intercourse? Those who are not ready to accept the risks should not start.

Other issues such as rape and incest arise, but the percentage of preganancies that result from rape is very low. Most abortions are performed on people who use it as birth control.

Many of you probably know me, and know I am Catholic. You will notice, however, that I made no mention of God's "plan" for the life of a child, and I made no mention of how the Pope says abortion is wrong. I merely said I feel murder is wrong, which is a value any sane person holds. Since I feel abortion is murder (and there is a possibility it is), it follows that abortion is wrong.

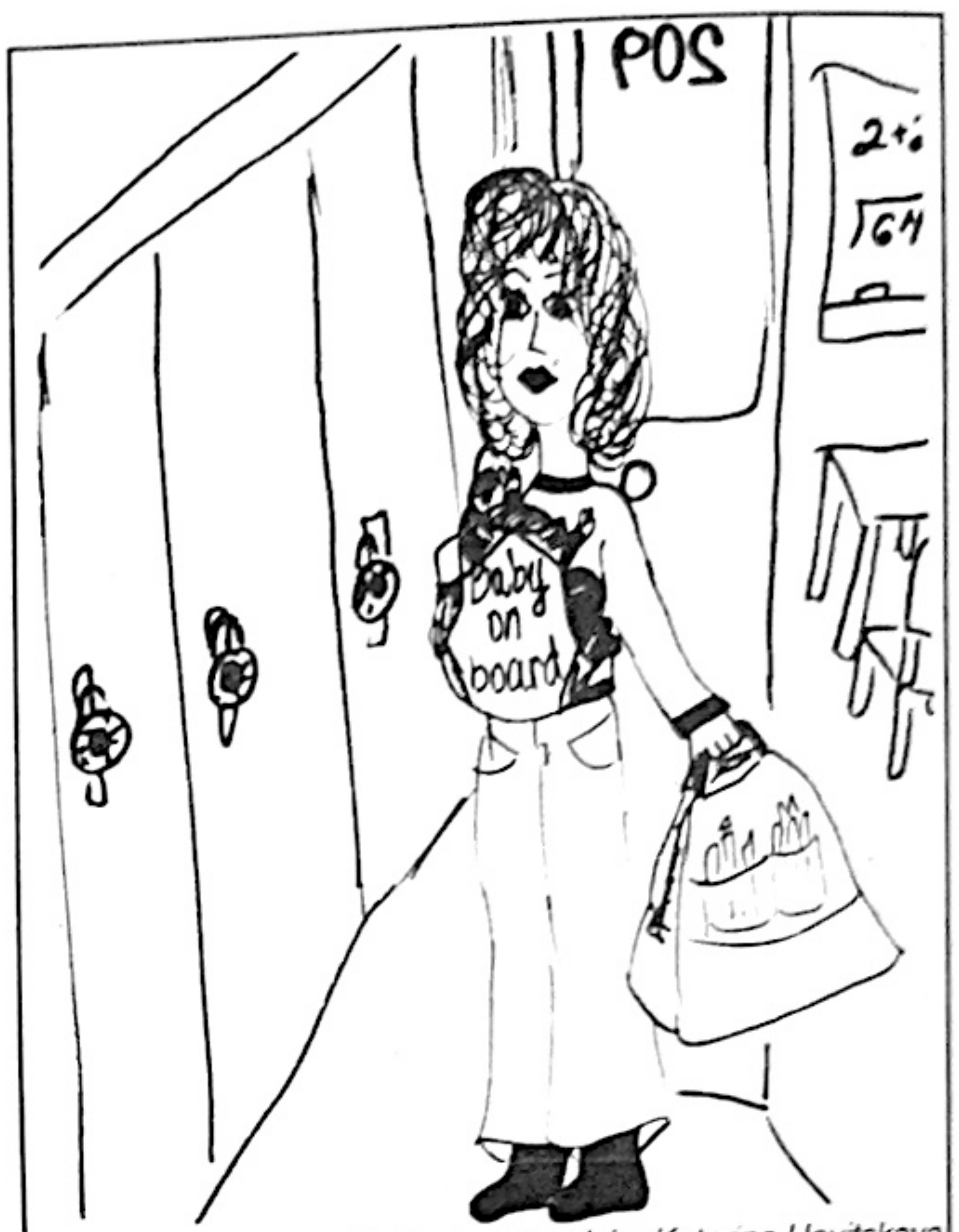
I know I'm not going to change people's opinions by writing this article. This issue makes people dig into their opinions so deeply that absolutely no argument, even if it makes complete sense, could change their views. The only thing that I hope is that maybe I will have made some of you think and maybe started the wheels turning toward a more just point of view.

Nicole Sutcliffe contributed to this article


Baby Murderer
Abortion=Illega
STOP KILLING
dont let another life is Wasted.
Children have a right to Be Born.

Shakerite artwork by Katerina Usuitskaya

In 1973, the Supreme Court made abortion legal with its decision on Roe v. Wade. The Supreme Court ruled that a fetus is not a person and is not entitled to constitutional protection. A fetus is not considered a person until it is viable, or able to survive outside the womb. Despite these legal definitions, debate persists. And lately it has turned violent, as pro-life activists bomb clinics and kill abortionists and pro-choice activists lead massive rallies.



Shakerite artwork by Katerina Usuitskaya

Abortion is a right

BY MARIE FRISOF AND REBECCA MARSHALL
Opinion Editor and Business Manager

Women have been terminating unwanted pregnancies for thousands of years. It is unrealistic to believe that any law, no matter how stringent or restrictive, will prevent women from having abortions.

Even in a utopian society that provided childcare, food, healthcare, a good family or home and education for every unwanted child, it would be unjust and unconstitutional to force a woman to carry a pregnancy to term.

America's poor are already victimized by laws that benefit the rich. If abortion were made illegal, it would only increase the growing disparity in privilege between rich and poor. Rich women would continue to get fast, safe abortions with little non-financial sacrifice. Fatalities among poor women, on the other hand, would rapidly increase as women resorted to crude and dangerous methods of abortion, typically characterized by pro-choice activists with a coat-hanger.

Should abortion cease to be a personal choice there-would most likely be a surge in the number of illegal abortions performed. In each instance the mother would be at very high risk of complications, many permanent, and some severe enough to cause death to the mother.

If someone's personal views preclude them from having an abortion then they don't need to have one. Some women, however, become victims twice over when they are denied abortion following rape or incest.

Abortion is not a pleasant procedure by any measure. It is not a legitimate means of birth control, but it is a necessary recourse when birth control is not effective. It is not painless or risk-free, and it is not entirely free from moral controversy. But it is a right.

The abortion debate is really a debate over a woman's right to control her own body. A one night stand for a man can become a lifetime investment for a woman. Nobody, not the government or the male responsible for the pregnancy, can force a woman to make that investment. Until all women have access to cheap, safe abortion in clean facilities with well trained doctors, women will not have total control over their bodies. We have the right to decide what happens to our bodies.

Making abortion illegal or putting greater restrictions on availability will not stop abortions. It will only force more women to have dangerous and overpriced illegal abortions. Pro-life activists who would criminalize abortion would actually cause more death than they prevented.

Abortion is a fundamental right, not subject to the whims of pro-life activists or conservatives anywhere. It is the right of a woman to decide what goes into and comes out of her body.

The Top Ten Beans and their Flatulence Levels:

1) Soybeans
2) Pink beans
3) Black beans
4) Pinto beans
5) California small white beans
6) Great northern beans
7) Lima beans (baby)
8) Garbanzos
9) Lima beans (large)
10) Blackeyes

Shakerite source: *The Book of Lists*

NC-17 ratings draw viewers

BY RACHEL ZINN
Co-Centerpiece Editor

It is not uncommon to see a group of discouraged teens walking out of a movie theater on a Saturday night, displaying their movie-clerk voodoo doll and shouting with a voice that strikes fear into the hearts of moviegoers everywhere, "Death to the ratings system!"

The evil R, or (heaven help us!) NC-17 rating has been the foil of many a film-loving student. The minds behind the ratings are a group of people selected by the Motion Pictures Association of America.

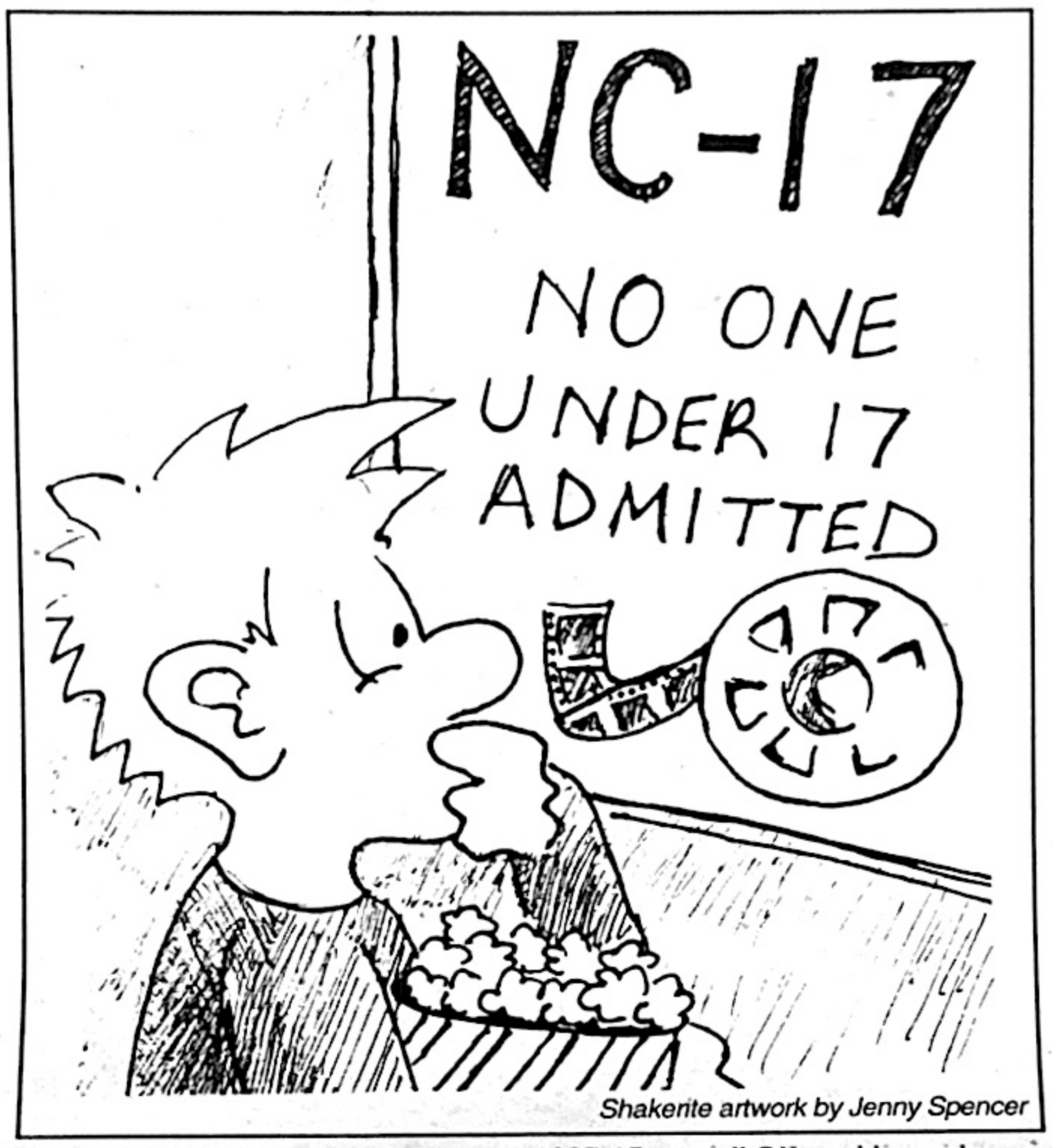
According to John Foreman, owner of Cleveland Cinemas, the MPAA appoints about 12 people to decide the ratings. This group includes parents, educators, religious leaders and other adults who represent the standard values of our culture. They decide ratings based on profanity, sexual topics and violence contained in the film.

However, Mary Leinwerber, manager of Ceder Lee Theater, said she feels the sensationalism surrouding prohibitive ratings may defeat their purpose.

"We had *Kids* play here, and it looked to me like all the publicity around the NR rating drew large crowds just because people were curious," Leinwerber said.

Foreman explained that movie theatres can opt to drop the NC-17 rating in favor of the NR, which indicates that the movie does not have a rating. Nevertheless, many theaters treat NR movies as if they carried a prohibitive ratings to avoid complaints from parents.

Senior Erin McCourt said she was glad that many cinemas had decided to treat *Kids* like an NC-17 rated movie.



Shakerite artwork by Jenny Spencer

"I really didn't think it was an appropriate movie for anyone to see. I guess it was supposed to be a commentary on society today, but I thought it was just disgusting. At least the rating may have kept some people from seeing [*Kids*]," McCourt said.

On the other hand, movies with an NC-17 rating can actually attract people to see a film in which they might not otherwise be interested. Senior Michael O'Loughlin said the rating was the main reason he went to see *Showgirls*.

"My friends and I wanted to be able to say we had gone to see an NC-17 movie" O'Loughlin said.

Lucky for some underage moviegoers, not all theatres choose to enforce the restrictions.

"There is no law that forces movies theaters to use the ratings system. Many theaters operated by chains in this country prefer to show movies with ratings and to enforce them because it avoids the theatre being blamed if kids are exposed to explicit material," Foreman said.

But a word to the wise–next time you hear about a movie called *Crosseyed Cheerleaders from Outer Space Take Dayton*, don't see it just for the NC-17 rating.

KIP'S PIKS

To Die For not to die for

For a while, the critics were really going mad over *To Die For*. They've been quiet lately. That's because, for all their ranting and raving, they can't deny that it's a bad movie.

You see, sometimes critics have tunnel vision. When they find artistic value in a movie, they appreciate it far more than the ordinary viewer ever could, even if they can only find it in a few aspects of the film. They focus on those aspects, and soon forget that inconsequential strokes of genius can never save a fatally faulted film.

The way *To Die For* was done was truly pretty cool. What I mean is, the format—the succesion of pictures, the perspective. It's like these guys completely rethought the way a movie should tell a story. That's fresh. Interesting. Cool. Thus the raving critics and glowing comparisons to *Natural Born Killers*.

There were other things, too. Nicole Kidman's character is also very interesting. It's just that she's so darn cold! The ultimate bitch, that one is. Also very interesting is the high school kid and his perverted obsession with superbitch.

Those are the good things. They are few, and weak. I mean, the only thing one can be sure of when one reads a review of an "interesting" movie is that *one is sure to be bored out of one's mind. I dare you to disagree. I meant it when I said those other things are interesting, and I mean it when I say this movie dragged. It's just one of those things, y'know?*

But the really sucky thing about this movie is that it had no beauty. Think about all the good stories you have ever heard or read or seen. Not all of them could bring you to tears, but they all had a certain nobility to them. Am I right? *Green Eggs and Ham*, by Dr. Suess. It's a good story, and it's noble, too, in it's own way. *To Die For* is like a two hour long dirty joke that is not even very funny. I hated it.

—Kip Britt

Shaker thespians to take stage again soon

SARAH LEVIN
Staff Reporter

The renowned Shaker theatre program will steal the spotlight once again as it performs Thornton Wilder's *Our Town*, on Wednesday, November 29.

The play will be directed by James Thornton, theatre director. This year he chose to do *Our Town*, rather than sticking with the previous way of alternating Shakespeare and musical productions. The three choices were *Macbeth*, *Romeo and Juliet*, and *Our Town*.

"There is a tendency or goal to keep the students involved in the Shakespeare experience," Thornton said. "This year in seeing the students considering the plays, *Our Town* seemed to be a better choice considering both talent interest."

Senior Ian Dole is assisting Mr. Thornton in directing, and seniors Cathy Powell and Reuben LeVine are production managers. Their jobs are getting scripts to the actors, taking attendance and making sure everything runs smoothly. LeVine, who has not previously participated in theatre, said he enjoys being production manager.

"It's fun. I've met a lot of people I never would have met otherwise," LeVine said.

Preparation for the play will be long and hard, according to both students and Thornton.

"It looks easy, but its a very hard play. We started on Monday, October 23, but scripts were handed out on Wednesday, October 11," Thornton said.

Senior Hannah Strange, who has the principal role of Emily Webb, said she agrees that preparation is hard work, but it pays off in the end.

"It's really stressful because it takes up so much of your time, but it is a lot of fun and you make friends. It's such a rush to perform and, in the end you feel great about your accomplishments," Strange said.

The other lead roles will be played by seniors Billy Zavelson, Lauren Kirschenbaum and French AFS exchange student Julien Benais, juniors Mike Chaney, David Deming and Will Eadie, sophomores Christina Culliver and Temar Underwood, freshmen Greg Burton, Jori Maron and Meghan McGill.

Junior Will Eadie, who has the lead role of the stage manager, is excited, but a bit apprehensive, about the cast list.

"The cast list is...interesting. Good people, though. We'll all just have to see how it goes," Eadie said.

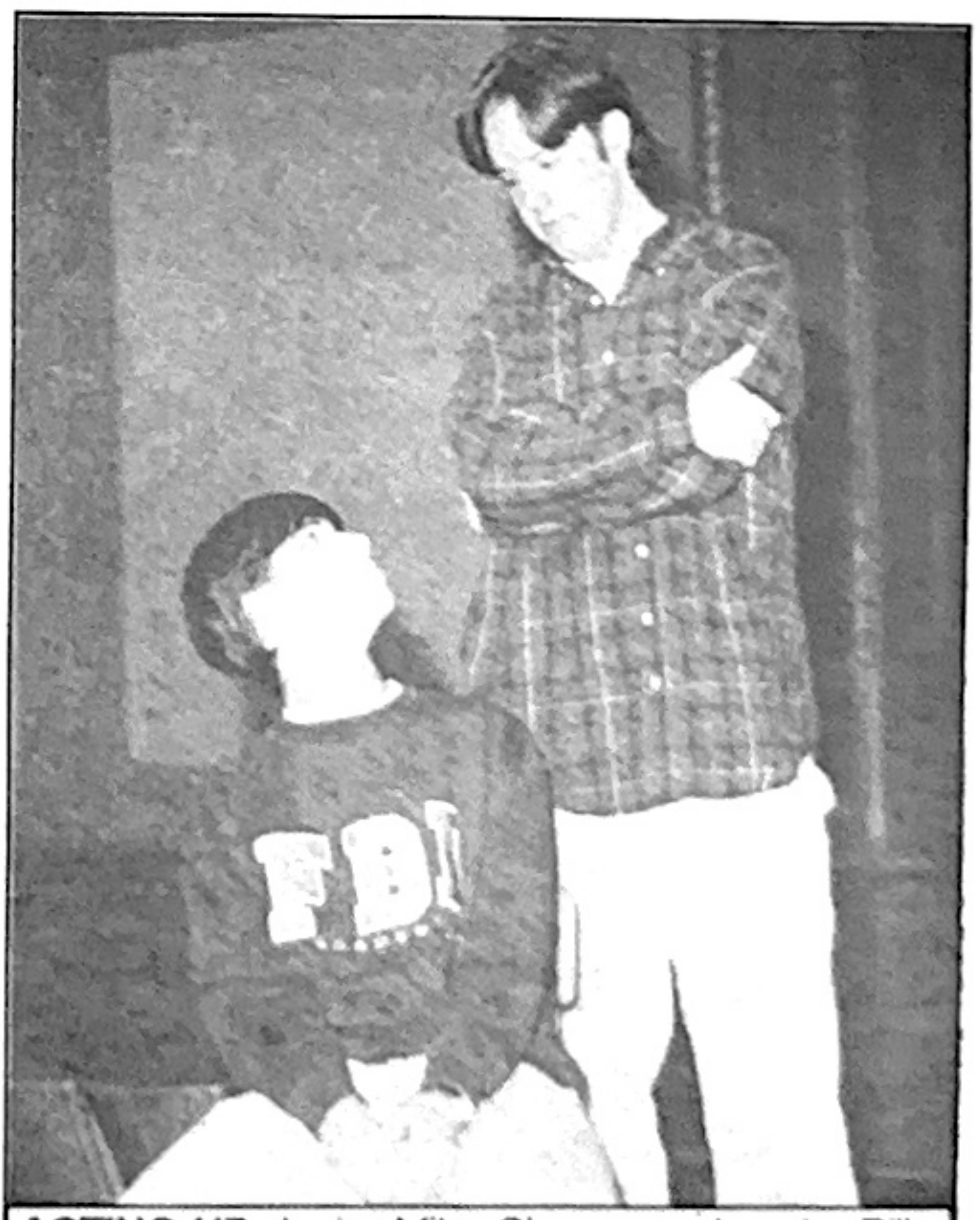
Although many students are involved in some aspect of the play, others that aren't still enjoy going to see their friends in a "different light."

"It's really nice to see my friends and other schoolmates outside of a school environment. I'm surprised to see how well people at Shaker can act," junior Sara Kaufman said.

Junior Tempe Hubbard agrees with Kaufman in her enjoyment of seeing Shaker plays.

"I know the people in them. It's fun to see them act differently than they really are. I just like going to plays. This has encouraged me to go again this year," Hubbard said.

So, when it's 7:30 and you're trying to make those plans on the night of November 30 [or those other nights] that just don't seem to be "happening," keep in mind that for $4, Shaker's play will definitely not disappoint you!



ACTING UP. Junior Mike Chaney and senior Billy Zavelson practice for the fall play, *Our Town.*

Shakerite photo by Karen Schwarz

Religion in public education: Court decisions reign Supreme

BY JESSICA WEEKS
Co-Arts and Entertainment Editor

Supreme Law of the Land

Engel v. Vitale -- 1962
prohibits prayer in public schools
Lee v. Weisman -- 1992
no prayer allowed at high school graduation
1st Amendment
"Congress shall make no law respecting an establishment of religion"

Fifty hulking football players sit together, heads bowed, in a moment of silence before the state championship.

They pray that they will win the big game and that none of their teammates will be injured. It seems innocent enough, but what these players should actually be praying is that their coach does not get taken to court for violating the rulings of the Supreme Court of the United States.

The First Amendment is not complicated: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press, or the right of the people to peaceably asssemble, and to the petition the government for a redress of grievances."

But these simple words give little indication of the rulings the Supreme Court has been handing down for the past 40 years to strip the American schools of even the slightest trace of religious influence.

Before the decisive Engel v. Vitale case in1962, which prohibited prayer in public schools, it was common to start the school day by listening to an administrator read a prayer over the loudspeaker, social studies teacher Jerry Graham said.

However, haunted by memories of church-ruled governmental institutions, the Supreme Court has developed a strong dislike of any connection between religion and the government.

"The Supreme Court is adamently opposed to having schools involved in religion. Before 1962, a clear majority of schools said prayers in the morning," Graham said.

A number of recent rulings are impacting traditional school life. For example, in Lee v. Weisman, decided in 1992, the Supreme Court held that a short, dull, nondenominatioal prayer said at a public high school graduation amounted to an establishment of religion and was therefore against the law.

The justification for this ruling was that any people not participating in the prayer might feel coerced to stand and stay respectfully silent during the prayer, therefore infringing on their personal freedoms.

The music department has also felt the impact of these court rulings. According to choir director Dr. Ron Morgan, although the choir is allowed to perform some music with religious text, he has to make certain that no specific religion is favored over another. He also said that he avoids selecting specifically Christian or Hebrew music and tries to select pieces that are more all-encompassing.

"We have to keep a balance. The choir is classically oriented and it happens that a lot of the great music by Bach, Beethoven and Handel has religious text," Morgan said. "We sing the music for the musical and cultural value, not the spiritual value."

Riddled with nuances, the rules are less than clear. Teachers are not allowed to bring a Bible into the classroom for their own silent reading (in case the students could accidentally find out what the teacher is reading and be adversely influenced), but studying the Bible as literature is a part of the high school curriculum.

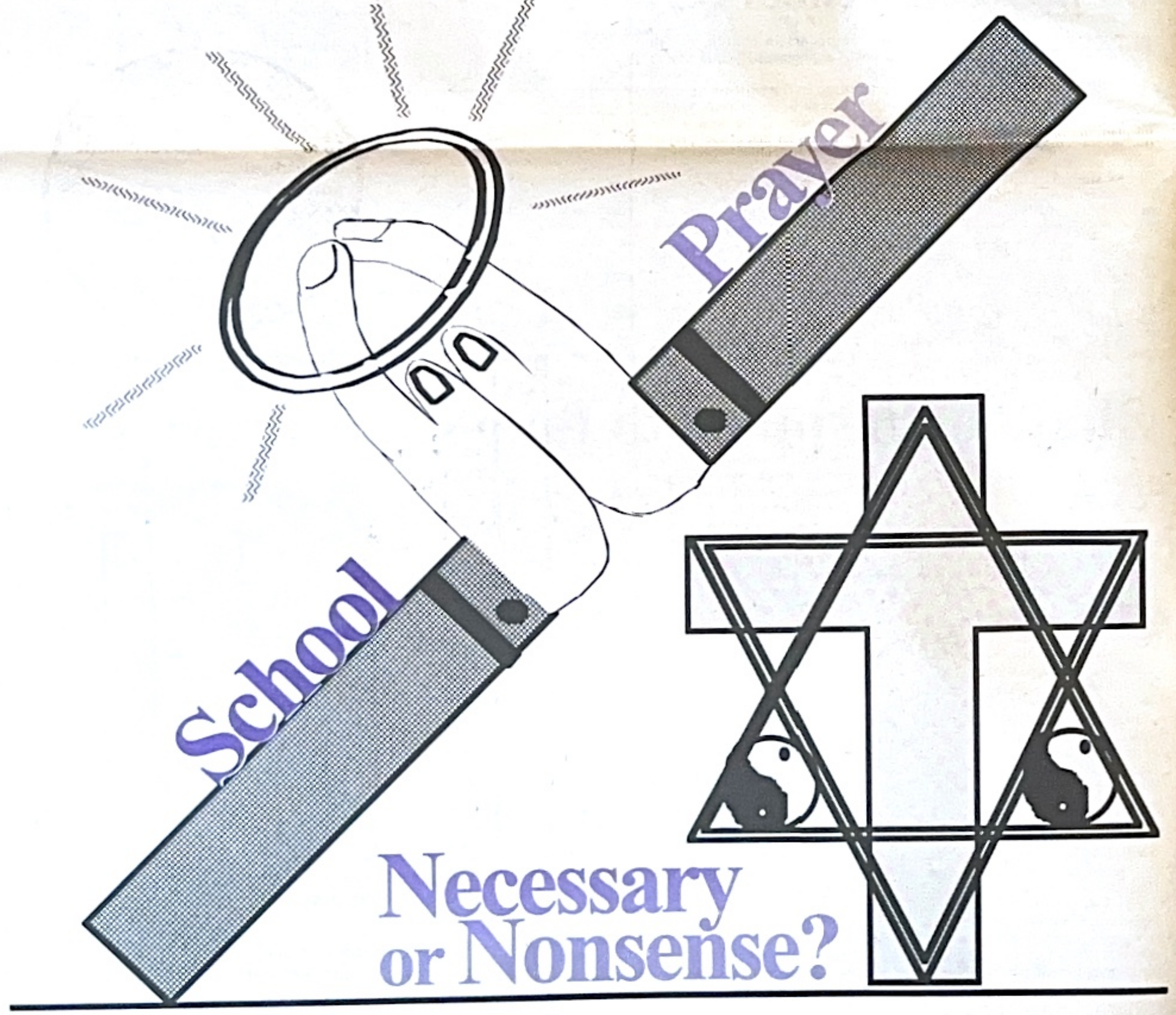
Religion has not been erased from every school, however. According to Graham, many schools in the South and the Midwest still pray together even though it is supposedly forbidden. The reason they are able to pray is that no one complains–and with no complaints, there is no court case.

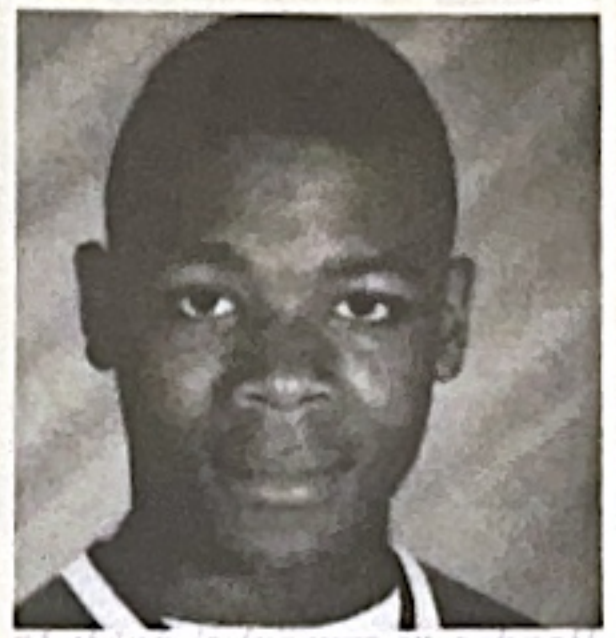
Predictably, the Supreme Court's decisions have not gone without some opposition. Some of the new restrictions have provoked criticism from the traditionally more conservative Republican party.

In fact, the Republican Speaker of the House of Representatives, Newt Gingrich, has proposed to offer a new amendment to the Constitution that would permit individual or group prayer in school while ensuring that no person would be required to particpate in the prayer. These views have apparently drawn support from a lot of Americans.

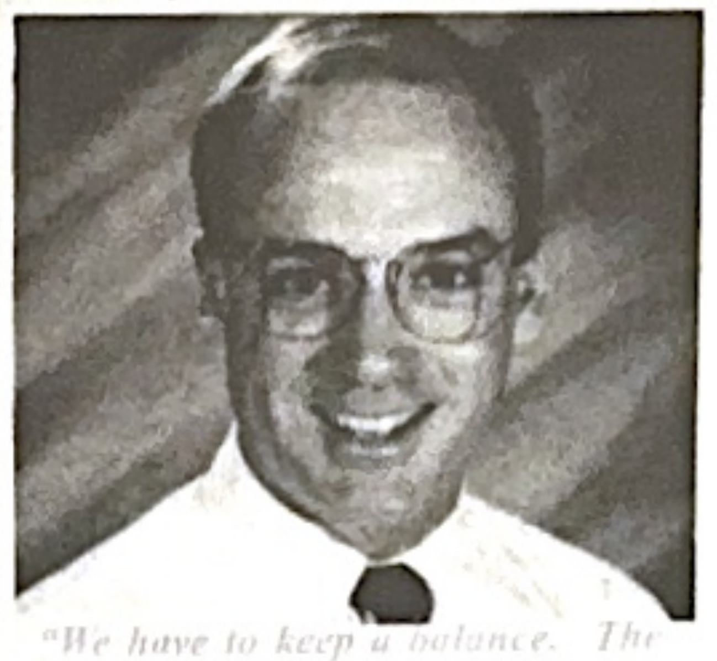
"A large majority of Americans want prayer in public schools. The Supreme Court has resisted that completely," Graham said.

So if you wish that religion would be more freely incorporated into daily school life, your prayer may or may not be answered. The Supreme Court is God, and it is reluctant to show His face in school.





"I think it [prayer in school] would probably end up in fights or people's friendships breaking up."
-junior Larry Million



"We have to keep a balance. The choir is classically oriented and it happens that a lot of great music by Bach, Beethoven and Handel has religious text. We sing the music for the music and cultural value, not the spiritual value."
-choir director Dr. Ron Morgan

"I pray before a test and before I eat everyday. I need to pray everyday to make me feel more relaxed and fulfilled. If Shaker did have a silent period or even just a moment of silence, I would take full advantage of it."
-sophomore Evan Schwarz

Shakerite photo courtesy of Gristmill

Students declare views on prayer in school

BY TODD SVEC
Staff Reporter

The issue of prayer is close to the heart of many students. A hot topic in the platforms of politicians is whether the church should be close to the heart of the state.

As students watch the government make decisions that may affect their educations, many choose to voice their opinions.

At the present date, there is no time set aside for students for the sole purpose of praying. Some students said it is absolutely necessary for there to be some time specifically for prayer during the school day.

"I pray before a test and before I eat everyday. I need to pray everyday to make me feel more relaxed and fulfilled. If Shaker did have a silent period or even just a moment of silence, I would take full advantage of it," sophomore Evan Schwarz said.

On the other hand, senior Nate Pulley said he could find time to pray during the school day without a time period set aside by the school.

"I don't think prayer in school is necessary. School is for learning, not for praying. Sure I might say a little prayer before a test, but I don't need a moment of silence to do that," Pulley said.

A more drastic view was taken by some students. Senior Ben Shein said he feels even private prayer had no place in a public school setting.

"There should not be a time set aside where students should be asked to pray or are expected to. If kids want to pray they should do it in their place of worship. Praying means different things to everyone and does not need to be brought into school," Schein said.

Even if the government did pass laws incorporating prayer into the school day, some students said they would have problems using the time fully.

"I never really pray in school because it is uncomfortable. I can't seem to be at peace when there are people near by that are praying for different reasons then me. Praying for me occurs in church, not in school," sophomore Ricardo Spicer said.

Junior Larry Million said he agrees that he would probably ignore school prayer, but he went even furthur to suggest that school prayer might lead to difficulties between students.

"I think it would probably end up in fights, or even in people's friendships breaking up," Million said.

However, senior Clo Ewing felt differently. She said prayer during the school hours might actually bring students closer together.

"It would be great if kids of all different religions could gather together and pray. I for one would love to be part of a program like that," Ewing said.

Senior Rachelle Perry did not support prayer in public education, but she saw no problem with different religions being incorporated into the curriculum.

"Everyone learns about black history, so I don't see why students couldn't all learn about different religions. There might be a slight possibility that somebody really believing in their religion would insult another student. I think everyone is entitled to their opinions, but saying harsh things in the classroom should just not be allowed," Perry said.

Schwarz said problems between students should not interfere with the school providing time for students to pray.

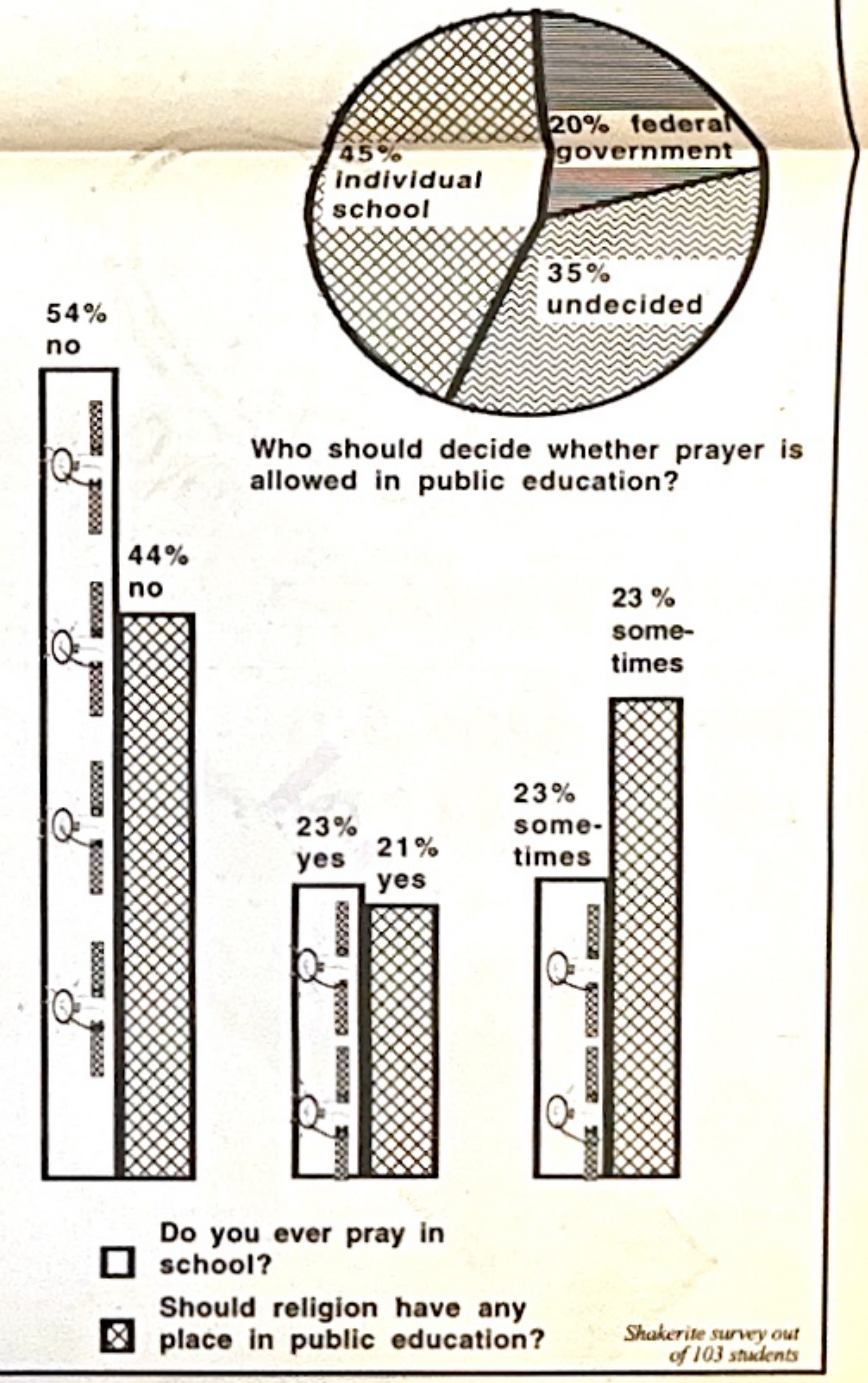
"If people aren't mature enough to understand other people's opinions, that's their problem. They're just sinking to a lower level," Schwarz said.

Democracy has often been based on compromise, and the relationship of church to state is no exception. Students offered possible ways to reach a compromise with which students could be happy.

"I think whether schools give time for prayer should be up to the individual school. It's like certain schools have dress codes," Million said.

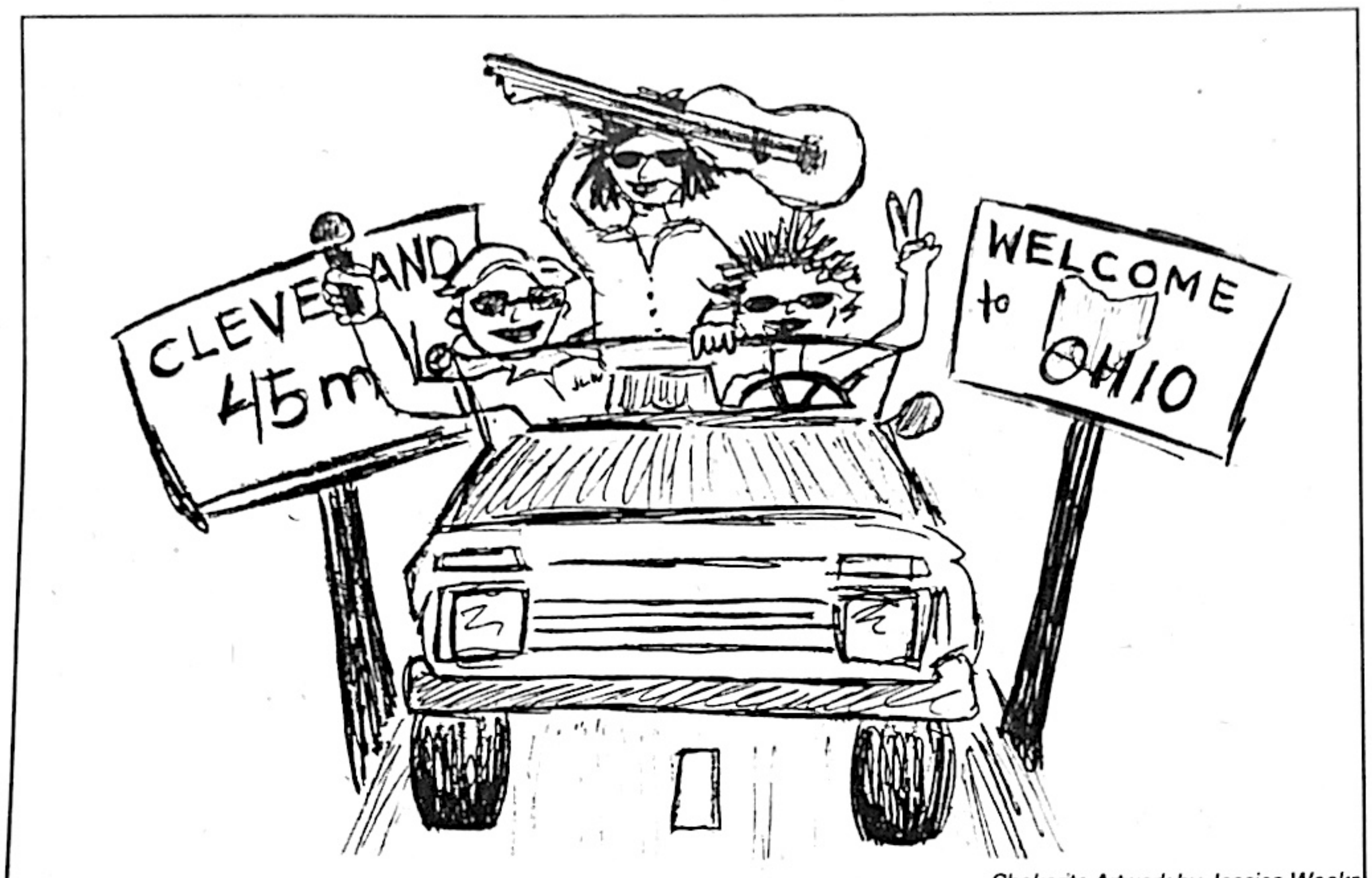
No matter what decisions the government makes in the future, the voices of students will be heard.

Student Poll



Shakerite survey out of 103 students

Still truckin': Local bands carry on Dead's tradition



Shakerite Artwork by Jessica Weeks

BY MILES BERGER

Co-Arts and Entertainment Editor

Although you may not see them on the Tonight Show, there are excellent bands based in northern Ohio. Many of these bands, in the spirit of the Grateful Dead, consider playing live more important than recording and support themselves by doing what they love–entertaining people with music.

EKOOSTIK HOOKAH

Ekoostik Hookah is one of the premier Ohio bands. They play at least four shows per week, in clubs all over the Midwest. For one week each month, they try to play in more distant locations, from New York to Colorado to North and South Carolina, according to keyboardist/guitarist/vocalist Dave Katz.

Ekoostik Hookah is often described as a neo-hippie band that sounds like the Grateful Dead. Their music is extremely varied, ranging from slow folk songs to bluesy classic rock and country tunes.

"We are not a pop-rock band," Katz said. "We're a lot more diverse, which makes it hard for any radio station to latch onto us. Our influences range from jazz and classical music to old blues and classic rock."

Although they have released three full-length CD's, the most important part of Ekoostik Hookah's music is their live shows, according to senior Shelley Friedman.

"Its a really happy scene [when they play live]" Friedman said. "They have a whole following, and its fun to go to shows and see the audience's enthusiasm. They just jam and everybody goes crazy."

FIRST LIGHT

First Light is like the godfather of the local music scene. They have played more than 2,000 concerts since they formed in 1984.

First Light's popularity can be attributed to the band's diverse music. At a recent concert, they played covers of many different bands, in addition to their own songs, according to Friedman.

"They cover a lot of good bands, from Nirvana to Peter Gabriel [to Bob Marley]" Friedman said. "They are really energetic and play for the crowd."

Although most bands have one distinct style, First Light plays all types of music, according to their business manager Chris Dunmore.

"They range from Zappa to Marley," Dunmore said. "The Cleveland Music scene is very divided– most bands have their own [style]. [First Light] play all different musical styles."

Concert promoters have seized on First Light's diverse music and popularity in booking them as an opening band for such acts as Ziggy Marley, Living Colour, Santana and the Neville Brothers, in venues such as Blossom, Nautica and the Palace Theater.

Currently, First Light plays about 150 to 200 concerts a year– over 75 percent of them in other areas, from Chicago and Ann Arbor to North and South Carolina. They have sold over 25,000 copies of their five albums; the newest is titled *Groove Telepathy*.

Additionally, several of the members of First Light play in other local bands. First Light singer Carlos Jones leads the P.L.U.S. band, a roots reggae band whose initials stand for the Peace Love and Unity Syndicate. Keyboardist Ed Marthy and several other members of First light play in a hard rock band called Sammy's Good Eye.

"They started other bands on off nights, to get stuff out that doesn't fit in First Light, " Dunmore said. "They just figured let's go out and play."

What's Goin' On?

Fall season filled with concerts

*Shaggy, Friday Nov. 3
The Agora, 881– 6911
Opening: Ray Von

*James Brown, Saturday Nov. 4, 8:00 pm
Kent State Uiversity at the Mac, 672– 2338, $22.50

*The Mighty Mighty Bosstones, Sunday Nov. 5 and Monday Nov. 6, 8:00 pm, The Odeon, 752– 5331
Opening: Alligator Gun and Hagfish

*Presidents of the USA, Tuesday Nov. 7
Peabody's Downunder, 241– 0792, $6.50
Opening: Love Battery

*Candlebox, Thursday Nov. 9, 7:30 pm
CSU Convocation Center
Opening: Sponge and Our Lady Peace

*10,000 Maniacs, Friday Nov. 10
The Agora, 881– 6911
Opening: Fifth Wheel

*Goo-Goo-Dolls, Saturday Nov. 11, 9:00 pm
The Odeon, 752– 5331, $10
Opening: Universal Honey

*Bjork, Sunday Nov. 12
The Agora, 881– 6911, Opening: Goldie

*Deadeye Dick, Wednesday Nov. 15
Peabody's Downunder, 241– 0792

*Blessid Union of Souls, Thursday Nov. 16
Peabody's Downunder, 241–0792

*Green Day, Sunday Nov. 19, 7:30 pm
CSU Convocation Center, Opening: The Riverdales

*White Zombie, Wednesday Nov. 22
CSU Convocation Center
Opening: Ramones and Supersuckers

*Ekoostik Hookah, Friday Nov. 24
The Odeon, 752– 5331

*First Light, Saturday Nov. 25
The Odeon, 752– 5331

*Red Hot Chili Peppers, Sunday Nov. 26, 7:30 pm
Gund Arena, Opening: Silverchair and the Flaming Lips

*Phish, Friday Dec. 8, 7:30 pm
CSU Convocation Center

—Facts compiled by Miles Berger and Lauren Gentile

Green Day's new *Insomniac* puts listeners to sleep

BY NED SACKMAN

Staff Reporter

Green Day's new album *Insomniac* is like the hit movie *Pulp Fiction* in that both are fun while they last but they leave you with little after they are over.

However, the similarities stop there. While the bass hooks are catchy, and the lyrics are vintage Green Day (which may be a good thing or a bad thing), the album leaves much to be desired. Most of the songs run together and they fail to develop into anything more than a mindless strumming of the guitar.

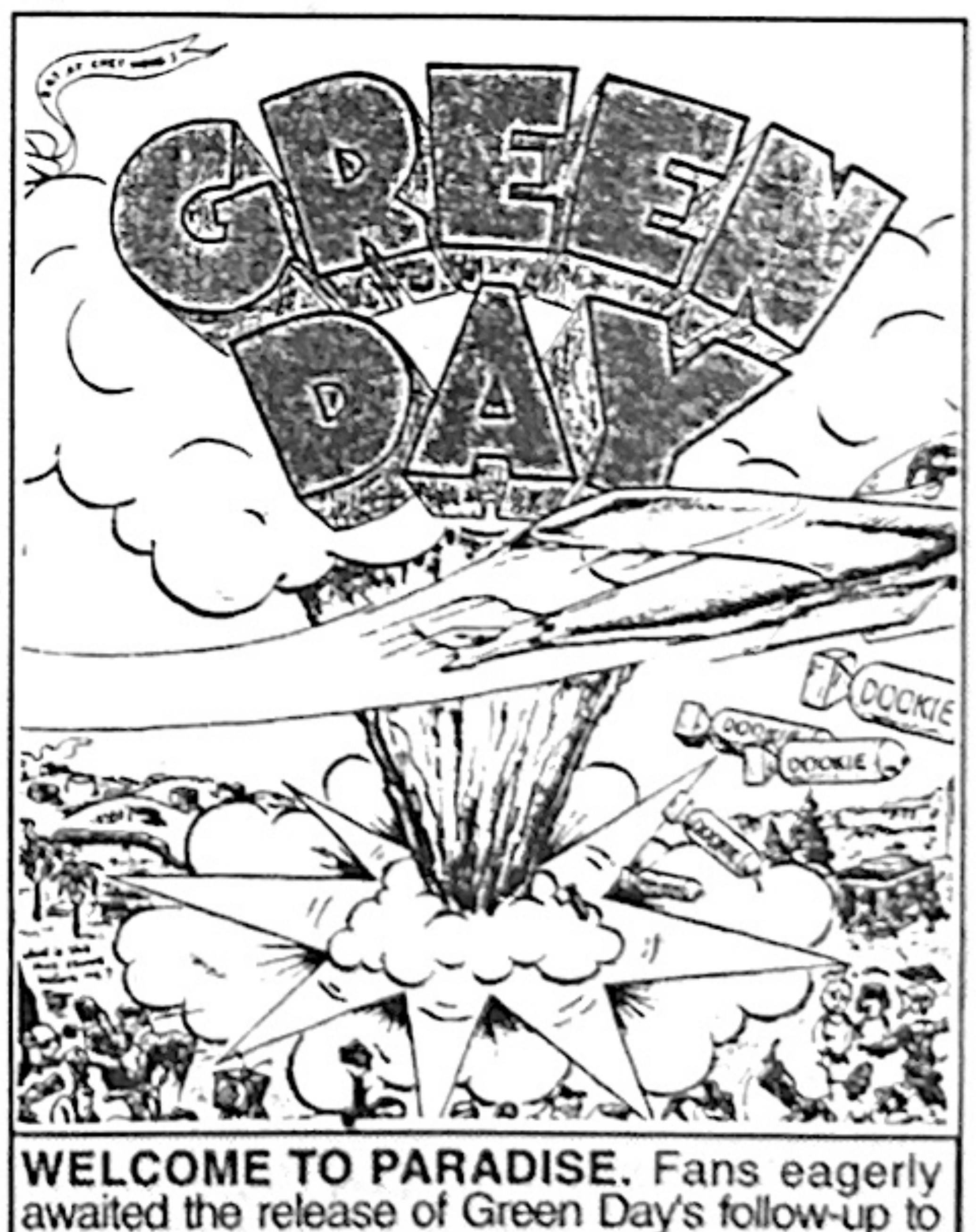
Insomniac is unlikely to change anyone's opinion of Green Day because they stuck to the same formula that made their last album *Dookie* so successful. The songs remain fast paced, and the lyrics paint sarcastic pictures of adolescent urges and self-pity. They often start off with the gut-wrenching of Mike Dirnt's bass, followed by the incessant whining or singing (again, whichever way you want to look at it) of lead singer and guitarist Billy Joe. This is all backed by the madcap drumming of Tre Cool.

Insomniac's release was eagerly awaited due to Green Day's brief tour last summer. They played a single show in Portland after canceling other possible dates. They are touring to support their new album and are scheduled to play a sold out show in Cleveland at the CSU Convocation center on Nov. 19.

The message behind their album's songs is usually a comment on a particular trait, such as greed in "Brat," or a narration of how Billy Joe is screwing up his life and does not care as in "Armatage Shanks."

While not original, nobody ever said that Green Day was not smart. This album will undoubtedly sell as well as, if not better than, *Dookie* simply because Green Day is offering more of the same to an exponentially larger fan base than what they had when *Dookie* was released.

Insomniac is more like an extra 14 songs that the band forgot to put on its last album than a new creation. It provides fans with the same thrills as *Dookie*, but musically Green Day fails to prove anything more than that they can play really fast.



WELCOME TO PARADISE. Fans eagerly awaited the release of Green Day's follow-up to their first album, *Dookie*.

The month of November is:

- ✻Alcohol Education Month
- ✻National Epilepsy Month
- ✻National Ice Skating Month
- ✻National Stamp Collecting Month
- ◆ Latin American Week: week of Thanksgiving
- ◆Salute to Older Americans Day: Thanksgiving
- ◆National Adoption Week: third week of November
- ◆Sadie Hawkins Day: first Saturday after November 11

Shakerite source: Holidays and Anniversaries of the World

Dare to wear

students give lowdown on makeup

BY DEBBIE LIBMAN AND KATIE EDELSTEIN
Co-editor-in-chief and Co-Feature Editor

Ruby red lips and rosy cheeks. Long black lashes and deep blue eyes. Perfect skin and delicate features. It doesn't take a supermodel to create these qualities. All it takes is a little bit of time and the right makeup.

Female students at the high school wear makeup to look good and feel better about themselves.

"[Wearing makeup] makes me more confident in myself," freshman Sarah Horning said.

Makeup can range from lipstick to blush to eyeshadow to foundation, each sold in a variety of shades and colors.

"I try different stuff, and whatever I think looks good on me, I wear," Horning said. "[I prefer makeup] inexpensive–I'm not going to spend a lot on it."

Not all women, however, like to wear makeup. Sophomore Kerry Wallach said it takes too much time to put on.

"I'm always in the biggest rush in the morning," Wallach said. "I don't have time to put on makeup."

Males find that, in general, makeup on women is fine, as long is it is not overdone.

"If [makeup] enhances beauty, it's okay, as opposed to something artificial or caked on," choir director Dr. Ronald Morgan said.

Junior Will Eadie agreed with Morgan.

"I think most women look just fine without makeup," Eadie said. "A little doesn't hurt, but too much is overdoing it."

Other students, like senior Billy Zavelson, said they like it better when women do not wear makeup at all.

"People who wear makeup are trying to cake on something they're not," Zavelson said. "At Homecoming everyone looked good, but it would be terrible if everyone looked like that all the time. They're teengagers trying to look like adults."

Freshman Brandon Tipton added it is the natural beauty of women that counts.

"Why wear makeup at all if everyday you have to take it off and put it on?" freshman Joe Simon said.

A perfect smile and accented cheekbones. Dancing eyes and smooth skin. Oohs and ahs and plenty of admirers. Maybe she's born with it. Maybe it's makeup.

Shakerite artwork by Katarina Usvitskaya

HELPING OUT. Youth Ending Hunger members attend a Tuesday after school meeting. Senior Jessica Zagier, sophomore Amber Drexler, and freshman Jocelyn Berger listen attentively.

Shakerite photo by Tempe Hubbard

YEH works to better community

BY LINDSAY CAMPBELL
Staff reporter

Autumn is a time for harvest and giving. Members of Youth Ending Hunger (YEH) are taking this spirit to heart and holding acitivities to benefit the hungry.

YEH is supervised by Spanish teacher Kimberly Ponce de Leon. The club meets in room 222 every Tuesday after school.

YEH will be holding its annual spaghetti dinner on Wednesday, Nov. 8 at 7 p.m. The cost is $6 for adults, $4 for students and $2 for children. The money will go to the charity YEH chooses. In the past, they donated to OXFAM America and St. John's Hunger Center. According to YEH co-president, junior Holly Bosley, the spaghetti dinner is the biggest fundraiser of the year.

"I'm hoping it will be as good as last year's [dinner]," Bosley said.

The spaghetti dinner is not the only event in which YEH participates. On Friday, Oct. 20, along with Interact and Environmental club, YEH went on a hayride. While it is a way for members to get to know each other better, Bosley said anyone who pays the $10 fee can attend.

Two students, sophomores Stephanie Brown and Lauren Dicks, worked as servers for city council candidate Jan Devereaux's pancake breakfast. They raised about $50 for the club.

"It's really great what [Brown and Dicks] did. Fifty dollars is so much for two people to earn. We are all very happy and proud of what they have done for our club," sophomore member of YEH, Laura Brunengraber, said.

The club also plans to participate in the 92.3 canned food drive and the Walk for Hunger later in the year. There are more members this year than last who participate in these events.

"I'm very proud to be a part of YEH because I enjoy helping others, and that's what we at YEH do," treasurer Amber Drechsler said.

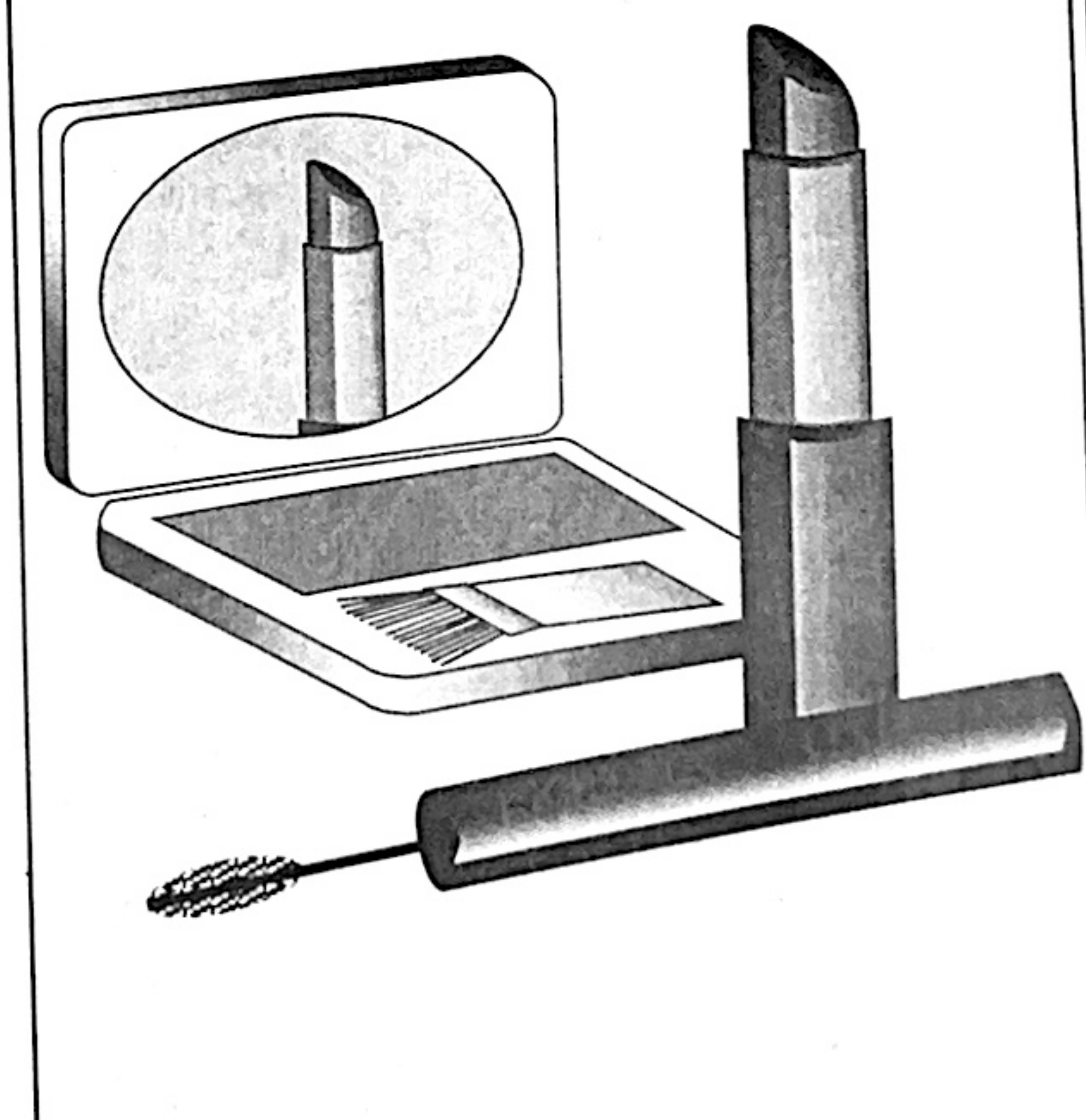
Other members joined because they wanted community service hours, and they found YEH an easy way to get them.

"I like doing community service things, it doesn't take up too much time, and it isn't too far out of my way. Community service is important, and this way it is more convenient," junior and co-president of YEH Erica Labovitz said.

Sophomore Allison Beamer likes the club because it gives all the members a chance to use their own abilities and help the needy.

"It helps you get involved in community service. There is also a way for everyone to help out, no matter what your talent is," Beamer said.

YEH members donate their time and effort to help the welfare of our community. Thanks to their generous spirit, the less fortunate are better off.



Shakerite graphic by Rebecca Marshall

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Dine In Or Take Out.
Not Valid With Any Other Offer.
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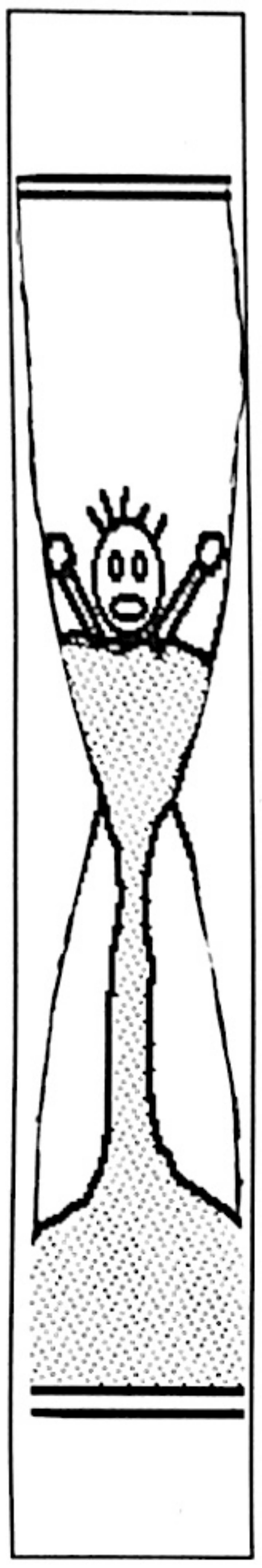


Time is on my side, yes it is

BY KATIE EDELSTEIN
Co-Feature Editor

The clock ticks three o'clock and the final bell rings throughout the school. Teachers erase blackboards, books are slammed shut, backpacks are slung over shoulders and janitors begin sweeping the halls. Students step out of class and have a decision to make. How do I spend my free time?

According to Randall Yates, ninth grade assistant principal, students typically fall into two categories when it comes to how they choose to fill their time.

"Students are either not committed to anything and have too much free time, or they are committed to too much and have no free time at all," Yates said.

The halls after school are filled with both types of students. Some choose to rush off to football practice or speech and debate. Others are not as involved in structured activities; they head on home to spend their time in a more leisurely fashion.

Spending less time involved in structured activities allows for more relaxation and less stress, according to freshman Camille Conwell.

"I'd rather be relaxed; I don't like being tired and stressed out. If I'm not talking on the phone, I'm watching T.V.," Conwell said. Conwell also goes to her cousin's house, attends parties and concerts and listens to the radio in her free time.

Leisure time is also very important to junior Johnnie Cook who, after 45 minutes of homework, likes to watch T.V., talk on the phone and hang out with friends.

"I just go to school and 'kick it' when I get home. I'm used to free time; that's me. I need my time to do what I want to do," Cook said.

Some students prefer free time to having structured activities but prefer being active and getting out rather than relaxing.

> ***Students are either not committed to anything and have too much free time, or they are committed to too much and have no free time at all."***
> ***-Randall Yates, freshman assistant principal***

Playing basketball, going to dance clubs and shopping are some ways sophomore Ricardo Spicer enjoys spending his time.

"T.V. gets monotonous. Playing sports [releases energy]; I'm sitting inside most of the day at school," Spicer said.

Free time can be good or bad, according to English teacher Dr. Carol Fox.

"To a significant extent, it's necessary, but it can get people in trouble. Some people say 'an idle mind is the devil's playground.' However, for a person who will think, grow and develop, free time is beneficial," Fox said.

A prime example of such a person is senior Robin Durham, who enjoys painting in her spare time.

"Painting gets my mind out of society and what's going on in the world; it lets me free my mind from stress and use my creative abilities," Durham said.

Unlike students who might feel pressure to fill their calendars with many extracurricular activities, Durham prefers to do what she feels like doing.

"I don't like conformity and structure. I like being able to do what I please and not be pushed in the way that society wants me to be pushed. I don't want to be another statistic; I want to be my own person, even if it means rebelling," Durham said.

Too much free time can be a problem for some students. Junior Christine Mutz, an exchange student from Germany, used to spend a lot of her free time with friends (in Germany). Now that she is here, she does not know as many people and often has a hard time finding things to do.

"I would prefer to have more places to go where I could meet other people. It's boring to be on your own all the time; doing things with other people with similar interests is more fun," Mutz said.

If free time is important to students, chances are they will adjust their schedules to allow for some.

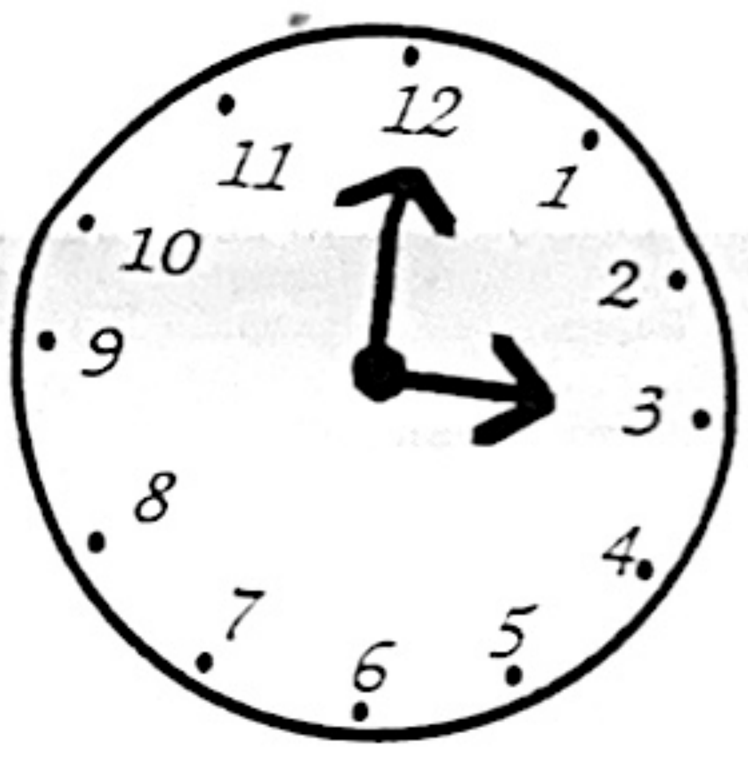
Freshman Jeremy Ravdin makes sure he doesn't procrastinate.

"If I have work, I usually try to get all of it done; I don't like to leave it," Ravdin said.

Much of what students choose to do in their free time depends on personal situations and their values, according to Ravdin. He does not get along with his family; therefore he prefers to hang out with friends when he is free.

"Some people take school more seriously, some people like to get out more, some people are confined by their families. Everyone is different," Ravdin said.

To relax or to stress... that is the question



So much to do, so little time

BY NICOLE SUTCLIFFE
Co-Feature Editor

As your clock changes from 8:59 p.m. to 9 p.m. you finally walk through your door, staring at your bed longingly, but having to settle yourself at your desk for three hours of homework.

Does this scenario sound familiar to you? Do you find your lack of free time aggravating? Well you're not alone, according to a survey of 160 students, 71 percent find themselves with little to no free time.

Some students say their lack of free time is because of school clubs or associations while others, such as senior Beth Coulton, have to work 20 to 25 hours a week.

"I'd rather have more free time than I do," Coulton said.

Junior Rob Emrich not only has a job but also Sunday school, Hebrew school and plays the french horn in band.

"I like always having something to do, but there are times when my schedule can pile up, and I can get overburdened with not enough to do of what I want, but it's definitely better than sitting and doing nothing," Emrich said.

Sophomore Tyler Friedman finds himself with a lot of free time now but will not once winter sports begin.

"I do not have a 10th period so I have more free time than some of my friends. Out of school only homework keeps me busy, but not during hockey season," Friedman said.

The amount of free time students have can affect their performance in school. Some students feel the less free time they have the better they will do in school.

"People that have less [free time] have more discipline and know what they have to do," junior Eric Dull said.

English teacher Cathy Lawlor agrees with Dull.

"If a student is involved in school and extra-curricular activities they will manage their time better. Even though they have less time, they get more done. That's what they choose to do," Lawlor said.

Emrich said that with so little time on his hands he will be less likely to get all of his work done.

"There's always something to do, with all the structured time, it's not always mathematically possible to get everything done," Emrich said.

Lawlor said she feels that those students who have less time on their hands will be able to use it more effectively. According to the survey, though, students who do manage to get even an hour free usually spend it talking on the phone, sleeping and listening music.

"I think the involved students have more time management skills. Those waiting and doing nothing do not do as well in school. It is ironic, but it is true," Lawlor said.

According to the survey, out of the students who have free time 32 percent feel they have too much.

"I like to keep busy and occupied so I won't get bored. Sometimes, with a lot of free time, I get bored," sophomore Omar Cochran said.

With your homework finished, you finally climb into bed at 1 a. m. and fall asleep as soon as your head hits the pillow trying to get a moment's rest before you have to get up at 6 a.m. to begin your day all over again.

The clock is ticking...

how students fill their time

- **71% feel they have little to no free time**
- **55% spend their free time in school activities**
- **56% spend their free time in out of school activities**
- **73% want more free time**
- **47% spend their free time talking on the phone**
- **33% spend their free time sleeping**
- **36% listen to music during their free time**
- **32% who have free time, feel they have too much**

Source: Shakerite survey of 160 students

New test judges intelligence

BY EMILY HOFFMAN
Staff Reporter

For years, people's IQ (intelligence quotient) has been the only judge of their intellectual capabilities until now. A new method called EQ (emotional quotient) may be the more correct measure of human intelligence.

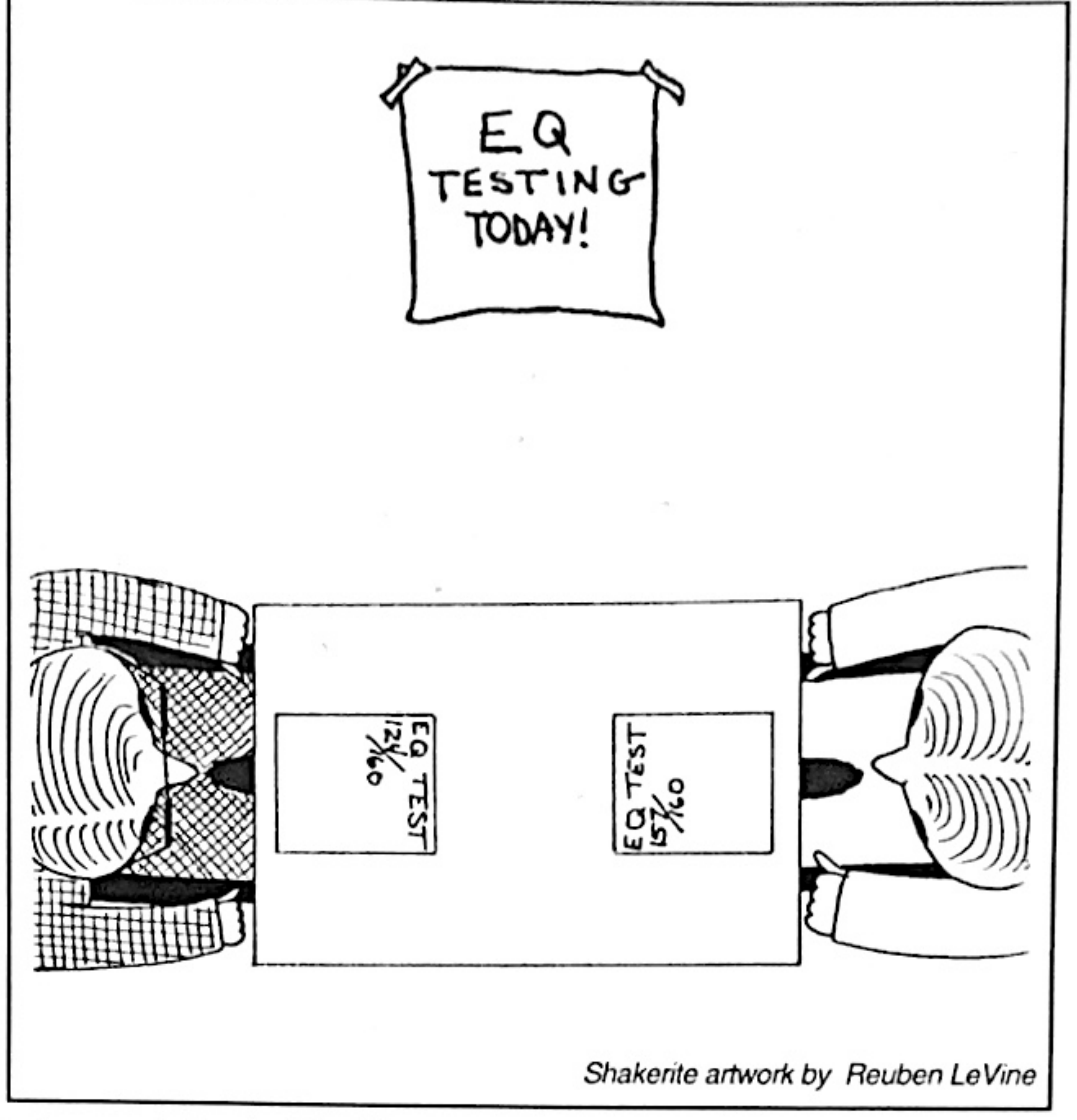
EQ, unlike IQ, is not a number. It is an assessment of your emotional capabilities. According to an article in *Time*, while a person can have a high IQ, he or she could also do badly in school.

"I think intelligence is important because it shows your limit of how you understand things. Emotions show how you deal with different situations. If you totally blank out during a test, it's your emotions. Most people who stress out normally don't do well," freshman Shaina Kirschenbaum said.

Emotional skills have long been overlooked when judging students. Skills, such as a person's ability to deal with stress and relate to other human beings, have been placed under the titles of 'personality' or 'character.' This new idea shows that these skills are related to your level of intelligence.

"IQ is but a mere aspect of human intelligence. EQ is all aspects combined, which is a better judge [of human intelligence]," sophomore Imani Butler said.

Emotions affect how people deal with everyday situations. EQ is an indication of how one might deal with a hard test or a confrontation. People with high EQs tend to not stress out as often, while people with low EQs will let stress overwhelm them.



Shakerite artwork by Reuben LeVine

Each person absorbs information in a unique way. Unlike IQ, which only measures the answers that a student gives to a list of questions, EQ judges one's level of intelligence by focusing on the process which one goes through while thinking, according to *Time*.

"Different people think in different ways. Some people think very logically, and some think very abstractly," senior Paul Daniels said.

The fact that emotions are relative and can possibly change causes some students to strongly disagree with this new testing method.

"You can ask someone to fill in scantron bubbles or solve puzzles with white and red cubes. You can't set up a test that asks someone to react to a murder. Any emotion that is 'requested' will be staged. There is no right answer," sophomore Steven Shuck said.

When colleges look at prospective students, it is a person's intelligence quotient, through their SAT scores, that they look at. Some students feel this method is an unfair judge of intelligence.

"EQ is better because some people don't test well, and the tests don't always show everything that you know," senior Elisa Hanna said.

Other students feel there is no accurate method to sum up one's intelligence level into a number or words.

"I believe that EQ may be a better judge of intelligence than an IQ test, but it is still not a good way of attempting to judge intelligence," sophomore Todd Dolinsky said.

Whether IQ, EQ or another test is the true measure of human intelligence, we may never know. The most accurate assessment of intelligence is yet to be determined.

Test your EQ

See if your emotional skills will get you through life

1. You forget your boyfriend's/girlfriend's birthday.
   A. I'm not good at remembering birthdays.
   B. I was preoccupied with other things.

2. You owe the library $10 for an overdue book.
   A. When I am really involved in what I am reading, I often forget when it's due.
   B. I was so involved in writing the report, I forgot to return the book.

3. You lose your temper with a friend.
   A. He or she is always nagging me.
   B. He or she was in a hostile mood.

4. You are penalized for returning your term paper late.
   A. I always put off doing term papers.
   B. I was lazy about getting my term paper done this time.

5. You've been feeling run-down.
   A. I never get a chance to relax.
   B. I was exceptionally busy this week.

6. A friend says something that hurts your feelings.
   A. She/He always blurts out things without thinking of others.
   B. My friend was in a bad mood and took it out on me.

7. You fall a great deal while skiing.
   A. Skiing is difficult.
   B. The trails were icy.

8. You gain weight over the holidays, and you can't lose it.
   A. Diets do not work in the long run.
   B. The diet I tried did not work.

If you answered more As, you are a pessimist. You take things personally and think any challenge or setback is permanent.

If you answered more Bs, you are an optimist and are able to deal well with rejection and stressful situations. You will be less likely to quit.

Source: Time Magazine October 1995

Aromatherapy stimulates emotions

BY EMILY GOETZ
Staff Reporter

Picture a bright sunny day in the spring. The sky is glowing blue and a light breeze is blowing a scent of flowers. A piece of chocolate melts in your mouth. How do you feel? Factors such as food, weather, color and scent affect students' moods.

Aromatherapy is a technique that uses the sense of smell to stimulate an emotional response, according to junior Michele Jackson.

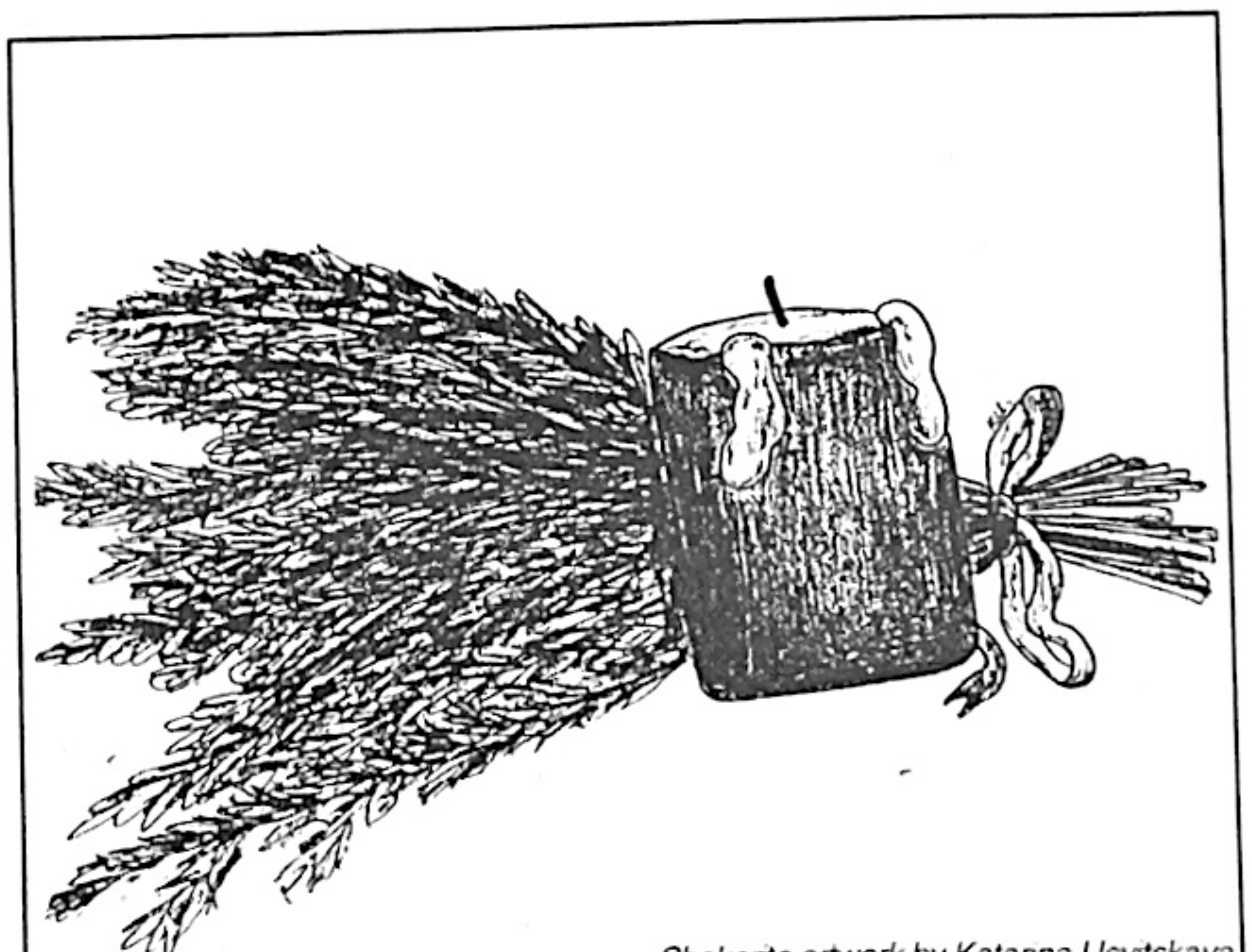
"Essential oils, scented candles, incense, powders and natural substances such as roses and cloves are used in aromatherapy," Jackson said.

According to a recent article in *Sassy*, scents are supposed to affect the way people feel and lift their spirits. Smells can revive, relax, stimulate and bring back memories.

Lemon scents are associated with cleanliness and renewal. Incense smells are pure and idealistic. Green scents provide a sense of nature and freedom. Spicy and animal scents are sexy and powdery, soft scents supply feelings of security.

"I find that peppermint energizes me, and jasmine relaxes me," Jackson said.

The oils, candles and incense used can be purchased in aromatherapy catalogues and in specialty stores.



Shakerite artwork by Katanna Usvitskaya

Sense of taste is linked to sense of smell in the human body. The November 1995 issue of *Ladies Home Journal* reports that hundreds of medical studies during the past 20 years have confirmed that some foods can affect chemicals in the brain which determine moods, energy and behavior.

Chocolate has the effect of being comforting and improving moods. It also boosts levels of a brain chemical that some scientists think is linked to the feelings of love and romance.

"Chocolate lifts me up when I'm in a bad mood," sophomore Meghan Dillen said.

Jackson said she agrees that chocolate makes her happier and more energetic due to the caffeine and sugar.

Freshman Dan Gatozzi said good food is what affects his moods.

"If it's good food, it makes me happy and satisfied. If it sucks, I get really angry," Gatozzi said.

Along with sense of smell, taste and touch, sight is something that influences moods, according to *Sassy*. Colors are normally associated with different moods. Green is a peaceful color, brown and purple are introspective colors and black and dark red hint anger and frustration.

"Green is the color of plants, which makes me happy and relaxed," Dillen said.

Jackson said she likes bright and fluorescent colors.

"Psychedelic, moving colors evoke a sense of free-spirit in me," Jackson said.

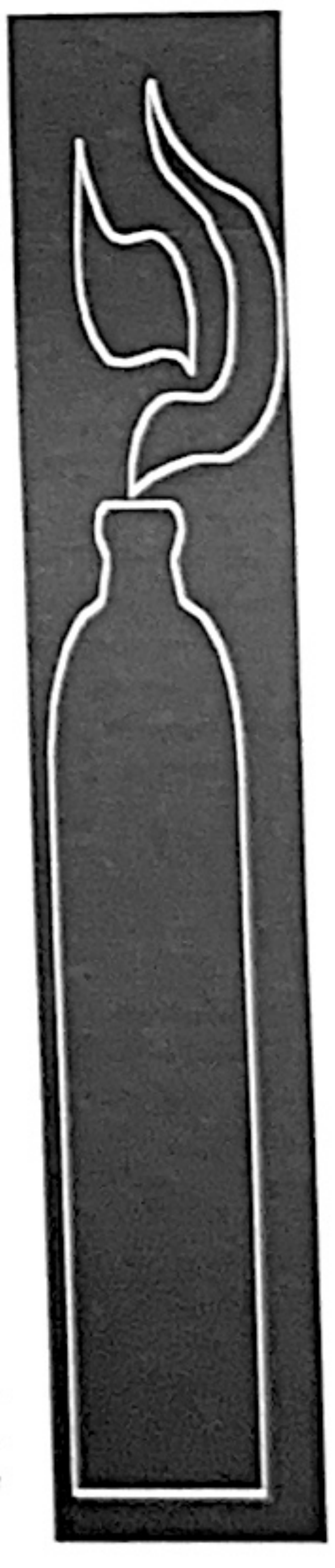
Gatozzi said light, soft colors relax him.

"The colors produced from wrapping colored plastic wrap over a light really portrays emotion, and it rubs off on me," Gatozzi said.

Colors can have a negative effect as well.

"Black accentuates unhappiness, anger and depression," Dillen said.

The senses are as much a part of the body as arms and legs are. They are working constantly, and while doing so, intensify emotions. The colors one wears, the foods one eats, amount of ßlight, the day's weather forecast and fragrances affect feelings in both positive and negative ways.



Bleezer's Ice Cream

COCOA MOCHA MACARONI
TAPIOCA SMOKED BALONEY
CHECKERBERRY CHEDDAR CHEW
CHICKEN CHERRY HONEYDEW
TUTTI-FRUTTI STEWED TOMATO
TUNA TACO BAKED POTATO
BUTTER BRICKLE PEPPER PICKLE
POMEGRANATE PUMPERNICKEL
PEACH PIMENTO PIZZA PLUM
PEANUT PUMPKIN BUBBLEGUM
BROCCOLI BANANA BLUSTER
CHOCOLATE CHOP SUEY CLUSTER
AVOCADO BRUSSELS SPROUT
PERIWINCKLE SAUERKRAUT
ONION DUMPLING DOUBLE DIP
TURNIP TRUFFLE TRIPLE FLIP
GARLIC GUMBO GRAVY GUAVA
LENTIL LEMON LIVER LAVA

Shakerite Source: The New Kid on the Block

Field hockey team off to States...again

BY SARAH LEVIN AND TOBY BULLOFF
Staff Reporters

From year to year, the field hockey teams show talent and success through their winning records. This will mark the fifth consecutive year the varsity team will travel to the State Tournament.

This year's Junior Varsity team finished the season with a winning record. However, the tradition of winning the JV tournament, held Oct. 13 and 14, was broken this year when the team lost to WRA 1-0 in the finals.

Junior co-captain Lesley Federman said the team showed great unity and skill in the close game, but she acknowledged that the loss was quite a letdown to the players.

"We expected we would win, so it was a disappointment. But we still practiced hard. We even played the best ever as a team even though we lost," Federman said.

According to Federman, some of the practices leading up to the tournament stressed sprints, other running and special drills.

Sophomore Elizabeth Angney thought the practices were worth the extra effort, even though the loss hurt.

"We prepared all season for that tournament," Angney said.

Sophomore Maura Malone said preparation was physical and mental. Some mental aspects included team bonding through dinners, food brought to school, signs and balloons. Malone felt positive effects from the mental preparation.

"There is a lot of team spirit, and you become close with everyone on the team," Malone said.

The JV season is now over, but the Varsity team is going to Ohio-Wesleyan this weekend as a result of their big 2-1 victory over Hudson in the State Qualifier. Shaker is seeded number one this year. Their 15-0-2 record has earned the team much recognition across Northeastern Ohio.

POISED FOR SUCCESS. Junior Ashley Bauer and senior Tonia Porras show off the winning form they will take to States this weekend.

Shakerite photo by Cristen Means

"We're the team to beat. We are very determined to win this year," junior Heidi Nicholls said.

The team has made changes this year in order to boost the team morale and hopefully help them win States. One of the changes the team has made is wearing different kilts for home and away games.

Junior team member Cristen Means said the team has the capabilities to win this year.

"I hope that this year we will win States. Our team has the skills and leadership to be the best in the state," Means said.

Senior co-captain Tonia Porras said she feels the team has a good chance to win States this year.

"We have worked really hard all season, and our work has paid off. We have many talented players, and our team morale is high. Everyone is really excited to go to States. We have lost in the State tounament the past few years, and we all hope that we will win it this year," Porras said.

BRENDAN VS. SCOTT

Round 3: Has the Indians' success made a positive or negative impact on school life?

BY BRENDAN MASINI
Co-Sports Editor

Indians' fever. Ahhhh! Although good in almost every imaginable way, Tribe success can be a students worst enemy.

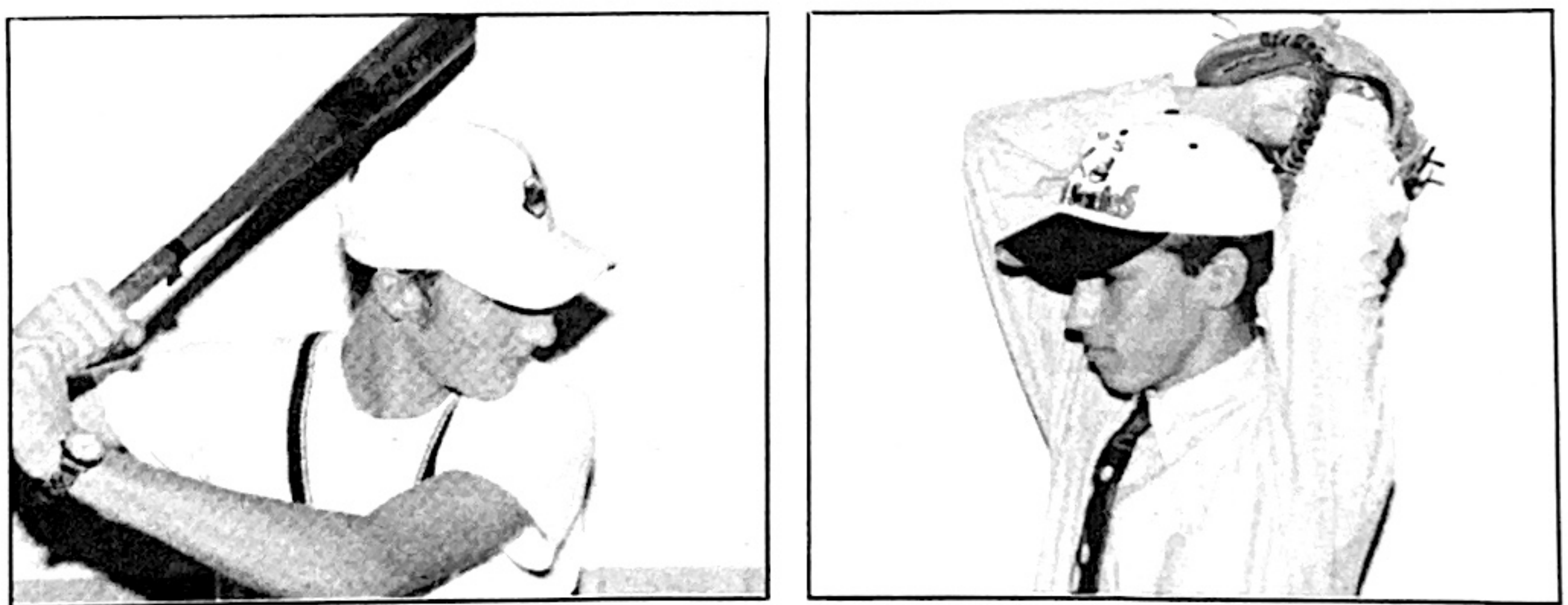
Beginning with the first game against Boston, students lost sleep due to play-off games that started too late and went on for too long. Not that sleeping in class was new to any of the students that fell into this trap, but drooling on desks three days in a row during a homestand was unacceptable even for the most die hard fans.

Getting homework done was another problem Indians fanatics had to deal with. Especially for students participating in extracurricular activities that meet after school, there just wasn't time to get homework done before the games started. Working during the games was out of the question because trigonometry is hard enough without taking breaks to scream and cheer at your television. Finishing your homework after the game was making you sleep even more in class, and the fact that you were sleeping in class canceled out the option of getting your work done there. Do you see where success took us?

In the World Series, five of the games were decided by one run. Combined with the normal stress caused by school, parents and other things generally pertaining to teenagers, it was surprising that there hasn't been a rise in 17-year-olds having heart attacks. Anxiety due to Tribe related stress caused several poor performances on quizzes and tests (this, I can attest to personally), and the damaged grades caused by this year's post-season may be irreparable.

Because the games were so close, anxiety wouldn't let you turn the television off, which meant you couldn't get your homework done, which also meant you didn't get to sleep, which means you were sleeping in class, which means you were not doing your work there, which made your grades suffer, which means the Tribe took us down the toilet so to speak.

With this year's post-season only a memory, the only fear looming on the horizon is that we will have to go through the entire affair again when the Indians return next season.


Shakerite photos by Cristen Means

BY SCOTT FULLER
Co-Sports Editor

It must have been about two years ago (and nowa-days too, for that matter) when all everybody could complain about was how little school spirit Shaker had. This may or may not still be true, but one of the many positive impacts the Indians' success has had on our school is that it has been proven that we can be spirited if we really want to be.

Over the past few weeks or so I must have seen the smiling face of Chief Wahoo half a zillion times. Never have I seen our student body so united behind one common hope than continued victories from the Indians. Everywhere you'd go people would be talking about baseball, followed by a "Let's go Tribe!". People no longer ask, "Did the Indians win last night?" but instead "Hey, did *we* win last night?" All of a sudden Cleveland is one big happy family, which is exactly the kind of atmosphere that our school should have. We got close last year when the football team did so well, but the whole point is that it shouldn't take success to bring us all together.

I watched *Major League* the other day for the who-knows-how many-eth time (what a great movie). But up until today I hadn't realized how openly it makes fun of our city. Back when it came out that movie was as close as Cleveland got to positive press, because we all thought everyone would start to understand how we felt. Alas, ignorant as we were, our nation was not at all sympathizing with us, but laughing at us. As the old saying used to go, "Remember that whatever misfortune may be your lot, it could only be worse in Cleveland."

Admittedly, it was pretty hard for anybody to be a Tribe fan when they stunk, and I'm not for a second saying I listened to every game on the radio, but with all these newborn Tribe fans popping out of the woodwork, I can't help but think back to the days when we really needed to stick together. Those were the days we all needed to wear Indians shirts. Those were the days we all needed to ask if we won, even if we knew we didn't. Those were the days we needed to have a "Wear Your Indians Cap" school day. If only we were as spirited when we were getting laughed at, not when we're laughing last.

Off-season training molds athletes

BY AARON GALVIN
Staff Reporter

Getting in shape for a sports team starts long before the season begins. Athletes train during the off-season in order to keep in shape. According to former football coach Gene Kotmel, athletes' off-season training really pays off and helps the team.

The football program at Shaker has improved in the past few years. The team has been able to take what they do in the weight room and use it on the field. The team's off-season workout consists of lifting weights and conditioning five days a week for eight months. Players earn points for attendance and goals achieved, which goes toward their playing time during the season.

"I bet we worked just as hard or harder than any other team in our league. I think our weight lifting and running workouts are what makes our team such a success," senior quarterback Charlie Fuller said.

Other teams have similar intense off-season training for their athletes.

The swim team practices twice a day for two months before the season begins. These practices, called "doubles," help the team with their endurance and prepare them for post-season meets. Some swimmers say off-season practices are so intense, they are unable to participate in any other sports.

"I've been forced to quit two other sports because I swim. There is no argument that swimmers are the most dedicated workers at this school," sophomore Chris Taylor said.

Both the men's and women's tennis teams also train diligently in the off-season. Coach Al Slawson uses an innovative workout system called "flexbands." Flexbands are huge rubber bands that athletes use to strengthen their upper and lower bodies.

Track and cross country are two more sports that train year round. Many of the athletes that run track train by running cross country.

"[Running cross-country] is a great way for me to get ready to run track. It helps my endurance and it gets me in shape. I'm sure the cross country will pay off in the spring," sophomore Jon Hausman said.

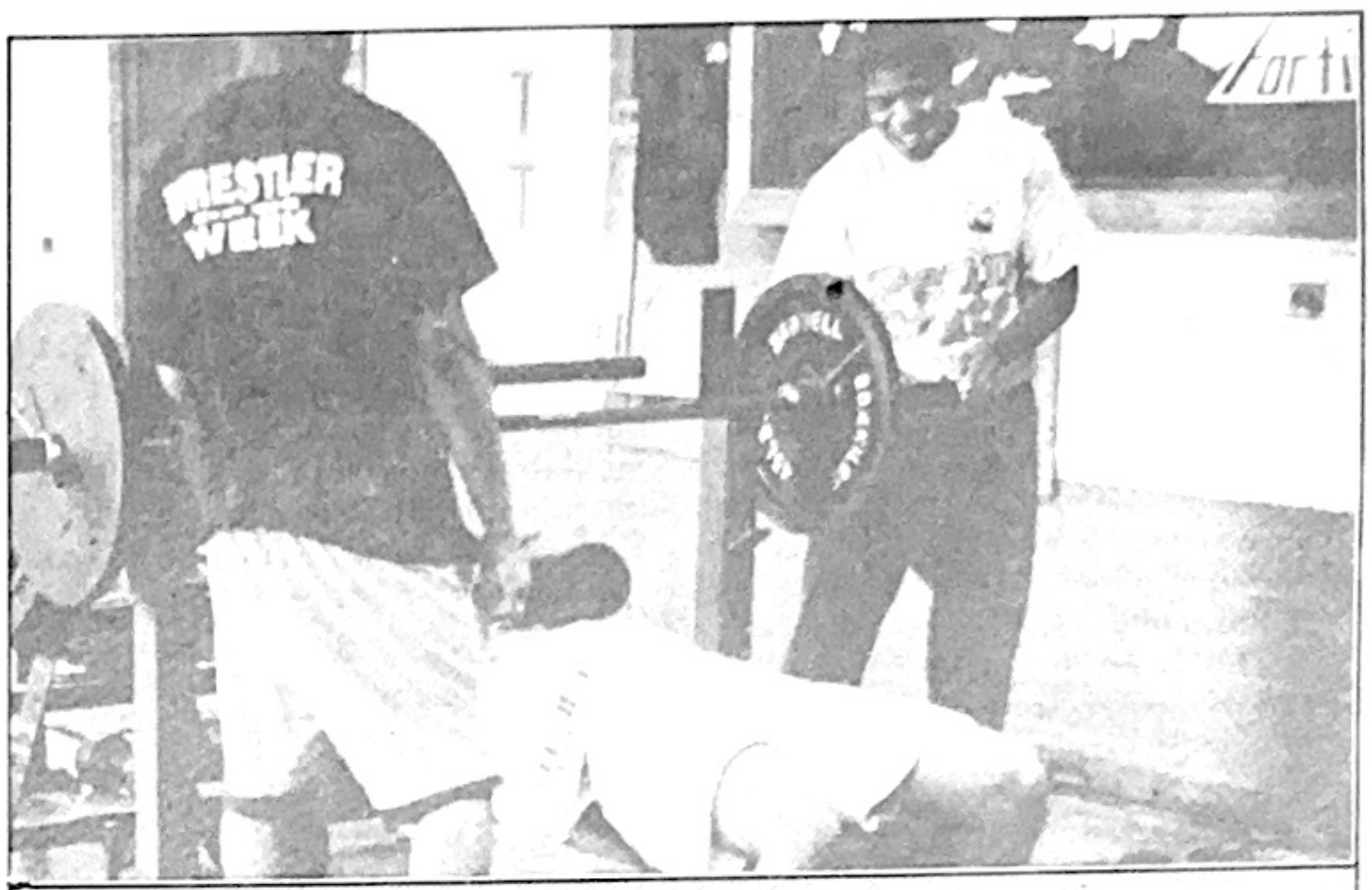
Although off-season training strengthens muscles and gets athletes tuned for the season, it does not insure a successful season. Many students get injured, even though they've trained diligently.

"I trained for almost eight months, and then in the first week of practice I got hurt. It felt like all that working out was just a waste," sophomore Todd Resnick said.

Hockey players also work hard during the offseason. Before tryouts and official practises begin, the players run on Tuesdays and Thurdays and skate on Mondays, Wednesdays and Fridays. Many players also play over the summer in different leagues.

Senior David Forker said the workouts during the off-season are worth the time.

"It's good that we work out before the season starts because all the players are in better shape and we are all used to playing together when the season begins. Our off-season training helps us play better during the regular season," Forker said.


PUMP IT UP. Students work out in the weight room. Lifting to improve strength is an off-season necessity for many sports.
Shakerite photo by Tempe Hubbard

Other sports, such as baseball, require constant refinement of skills. Over the off-season, baseball players must continue to throw and hit, to keep muscles in shape and to keep a competitive edge.

"The pre-season is not long enough to get in playing shape. Without work in the off-season, there is no way to be completely prepared for the first games," junior Richard McCormack said.

Besides hockey, many other sports can be played in off-season leagues. Playing summer baseball and indoor soccer are examples of ways to keep in shape over the off-season. Hard work at improving skills and strength can pay off with increased playing time.

Some sports demand more of their athletes than others do during the off-season, but all the athletes devote a lot of time during the off season.

Raiders of the Month

BY EMILY JOSEPH
Staff Reporter

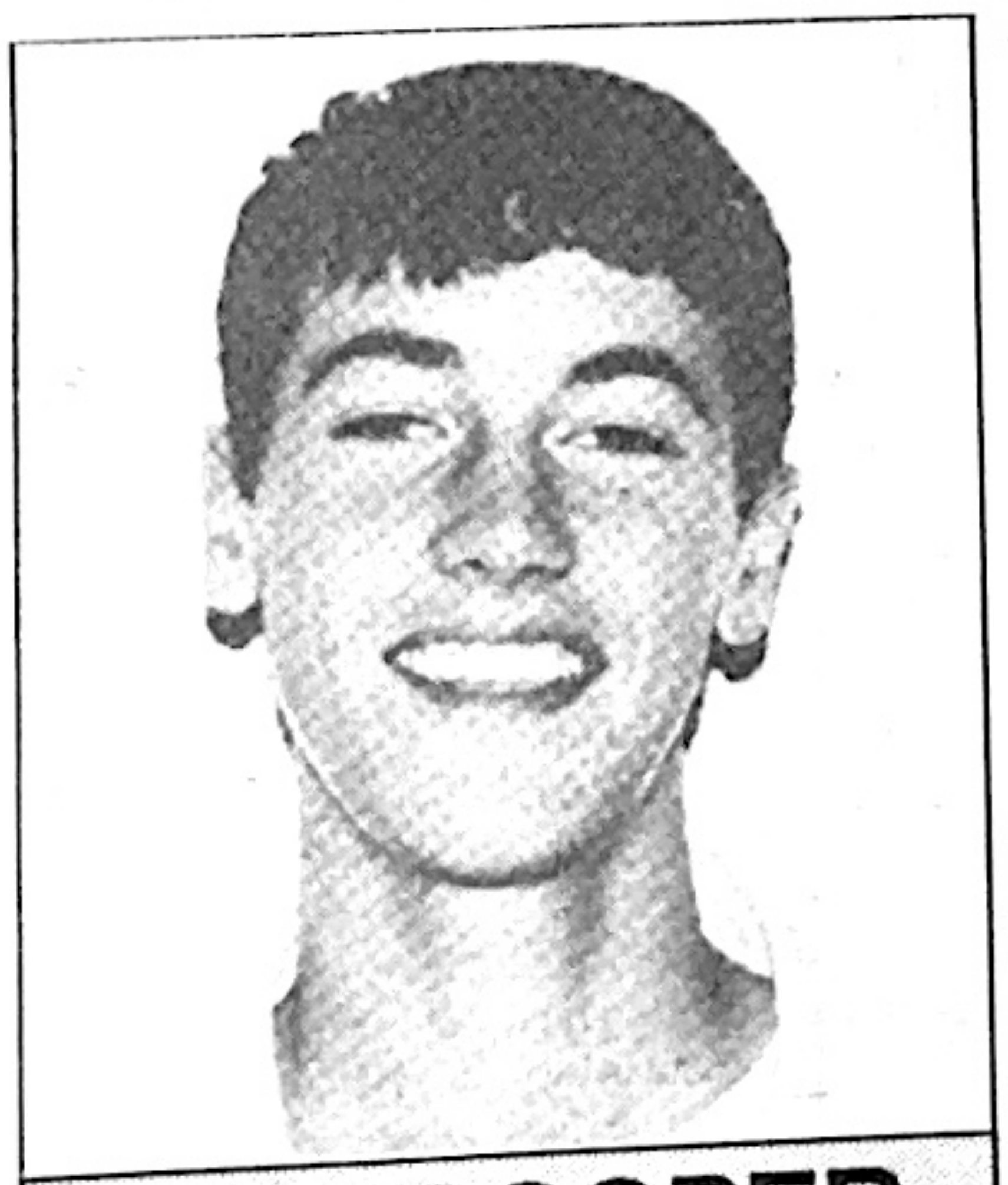
Whether he was trying to help his team out, or keep them on top, sophomore Ben Cooper led the men's soccer team through the peaks and valleys of a turbulent season.

Cooper was the starting center midfielder and co-captain on this year's team. Cooper is a three year varsity player and filled a leadership role on the team.

Cooper said his experience as a player allowed him to help the team.

"I've been on the team for the longest time, and I help to encourage the younger players to play hard," Cooper said.

Cooper's individual goal for the season was to be more involved in the offense and to help the team play with more confidence.


BEN COOPER
Shakerite photo by Cristen Means

Cooper's teammates feel he helped raise team spirit.

"He is an inspirational leader," senior Aaron Altose said.

Junior Yuri Gottesman agreed, and pointed out that Cooper's skillful moves also helped the team play better.

"He elevates the team's play with sly through-passes, and boosts the team's morale by pumping us up," Gottesman said.

The soccer team had a tendency to play to the level of their opponent; they played well against the tough teams but played miserably against the poor ones. As a result their record suffered.

Cooper hopes the team will play as well as he feels they can next season.

"I don't want to mention our team record because we were playing under our potential. We were a young team, so it didn't show our full ability," Cooper said. "My goal for the team was not record wise, but to play harder and more together."

Cooper said one of his most memorable games this season was against Westlake, the fourth ranked team in the area at the time. The two teams finished with a tie, and Cooper felt like everyone on the team put forth a great effort and played like a team.

During the off-season Cooper plays on Cleveland United, an area soccer team, and attends a soccer camp. He also played on the Junior Varsity basketball team last year and is a Varsity hopeful this year.

BY BRENDAN MASINI
Co-Sports Editor

Sophomore Jenna Carl has helped to lead the women's soccer team to the best finish in Shaker history. This season the team made it to the second round of the sectional tournament for the first time ever.

Carl was one of the team leaders in goals and assists despite missing two and a half weeks due to an injury. This offensive support was invaluable in many of the team's victories.

From the center midfield or center forward position, Carl has been able to contribute to the success of the team.

"From center midfield, I can help to keep the team together, and from forward it is easier to score," Carl said.

She attributes her success to a couple unique qualities she possesses.

"I feel that I am more aggressive than most players, and go to the ball. I also try to anticipate what will happen," Carl said.

Junior Holly Hukill agreed.

"She never gives up," Hukill said. "She is a very skillful player."

During the season, Carl hyper-extended her knee. She reinjured it later in the season and missed two and a half weeks. During her absence she was sorely missed.

"The offense was much weaker," sophomore Beth Moore said. "She tends to pull the team together and get us pumped up, and we really missed that."

Carl rehabilitated her injury and returned for the first play-off game, which the team won.

JENNA CARL
Shakerite photo by Cristen Means

Carl has been playing soccer on competitive teams since the third grade. While living in Wisconsin, she played on the Madison 56'ers club team.

In the community, Carl helps cultivate soccer talent by coaching teams of youngsters in the recreation department program.

Other players Carl feels deserve mention are junior Callie Stokes, who is Carl's partner in crime on offense, and junior Jenny Mulligan, who, despite illness, was a force at goalie.

Carl has high hopes for the women's soccer program in the future. With hard work by players in the off-season and improved coaching, she feels the team can continue its recent trend of success.

Kip ponders “real” sports

BY KIP BRITT
Staff Reporter

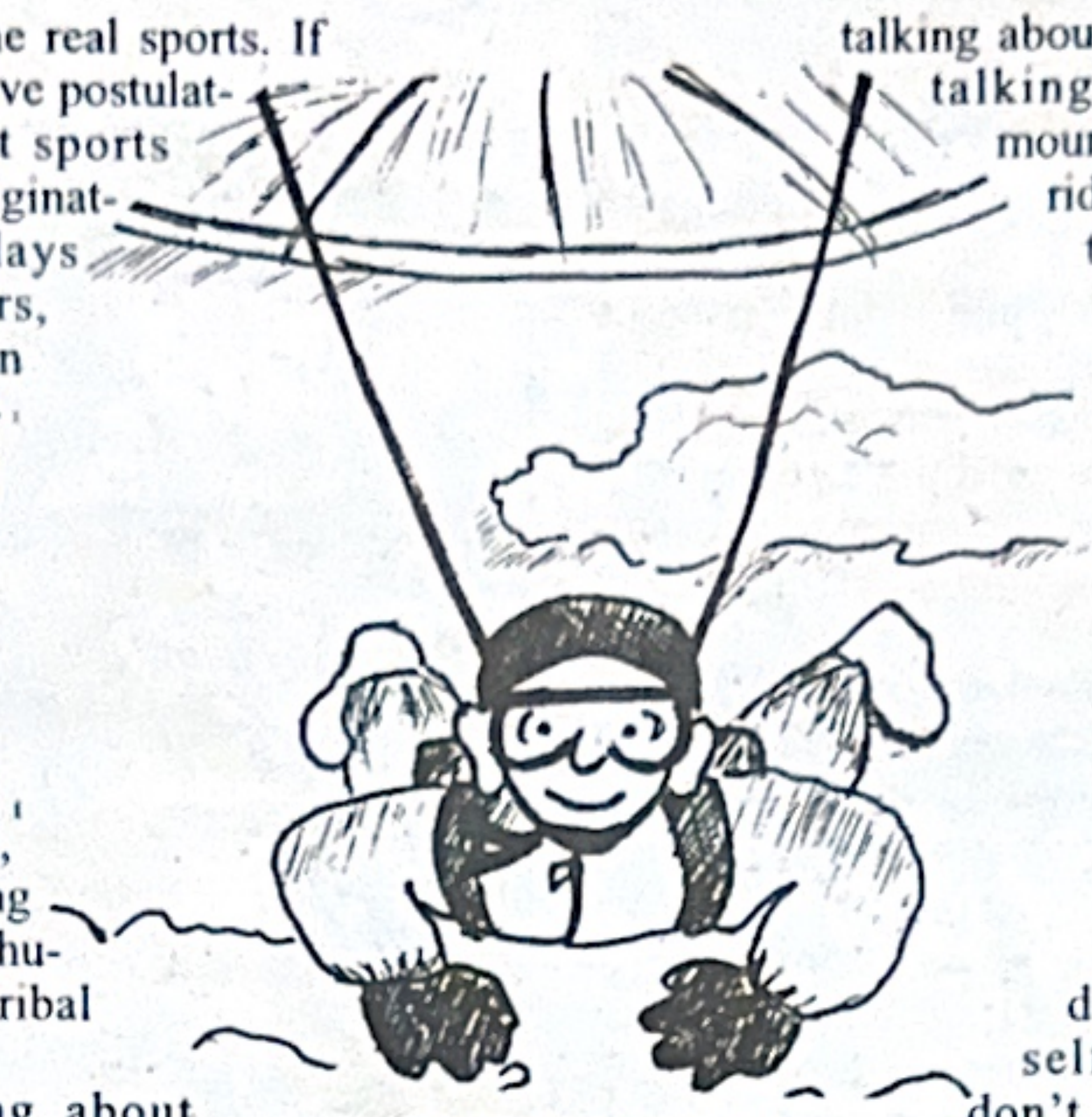
Sports are a great invention. They allow us humans to satisfy our natural drive to battle, fight, kill. We all desire to step before the face of Death, who at times is represented by his younger cousin Defeat. We all need adrenaline to flow through our veins. It is the inverse of our need for love.

There are two levels of sports. There are the “pseudo-sports,” in which one braves defeat and battles other players, a clock and a physical obstacle, which most often is a little ball which has been endowed with a certain symbolic significance. These athletes train their minds and bodies to be the best at manipulating that ball for the sake of being the best at something. And maybe eventually there is some money in it.

Then are the real sports. If it is true, as I have postulated earlier, that sports fulfill a need originating from the days of our ancestors, when every man was also a soldier, then to say “real” sports here is fitting. For these things come closer to satisfying our real, underlying need, while eliminating the pain and dehumanization of tribal wars.

I’m talking about jumping out of airplanes. I’m talking about hang-gliding. I’m talking about climbing mountains, catching and riding waves on a little piece of wood, sliding all the way down a snow-covered mountain on runners made for the feet or riding through the most ferocious of currents in a tiny inflatable boat. These are real sports. They allow us to stare down Death himself. These things don’t degrade the most precious of drugs adrenaline, like conventional sports do. They summon adrenaline to serve survival, like it was meant to do, not to facilitate victory. Competing with clocks and balls and other people can present a challenge, but the task is neither as noble nor as rewarding as facing and conquering the fears within ourselves. The cowardice within ourselves in deep-rooted and strong, and the greatest of enemies. It feels damn good to beat it down.

Pseudo-sports are pseudo-sports because they are false. Participants face imaginary danger, for an imaginary purpose, play by imaginary rules, and win imaginary victories. More must be at stake than winning a trophy and not disappointing your parents. Only when we risk our lives can we see the two-fold vision of how petty–yet how sweet–life is.



Shakerite artwork by Jenny Spencer

RED RAIDER WRAP UP

Football

RECORD: 5-4

Upcoming: At home vs. Warrensville Nov.4

♠Senior Shawn Wright has rushed for over 1,000 yards this year

Field Hockey

RECORD:15-0-2

Upcoming: State Tournament this weekend at Ohio-Wesleyan

♣Team has been to States five years in row

Women’s Soccer

RECORD:

♣Best finish in history

♣Advanced to second round of sectional tournament for the first time ever

Golf

RECORD: 4-18

♠Golf team will lose no seniors due to graduation this year

♠Junior David Bass said it was “rebuilding year”

Women’s Tennis

RECORD: 11-11

♣Junior Lyndsey Mirmelstein and freshman Kim Lyons advanced to Districts

Men’s Soccer

RECORD: 6-7-2

♠Lost to North Royalton in second round of sectional tournament in penalty kick shoot-out

Cross Country

RECORD: 0-1 IN DUAL MEETS

♠Shaker runners continued to place well in invitationals

Volleyball

RECORD: 9-11

♣Lady Raiders came on strong in second half of the season, going 7-2 after 2-9 start

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